



LAST MINUTE TAX GUIDE FOR PROCRASTINATORS

metroLIFE



**MOM FEEDS,
DAD SOOTHES**
Paternity leave's
ups and downs
metroLIFE

Halifax metro



Halifax Mooseheads
Ducharme
lands new
coaching gig
metroSPORTS

Your essential daily news |

TUESDAY, APRIL 26, 2016

High 8°C/Low 1°C Mostly Cloudy ☁️



metroNEWS

'Make them feel at home'

NEWCOMERS

**Refugees find
housing, but
settlement
piece still left**



**Sarah
Rae**
For Metro | Halifax

Syrian refugees in Halifax may be in permanent housing now, but it's still important to make them feel at home, the Immigrant Services Association of Nova Scotia said Monday.

Nabiha Atallah, ISANS spokeswoman, said Monday that many newcomers hope to shed the label of "refugee," adding now that they're settled, the community should see them as their new neighbours.

"We all have a role to play: help out, say hello, make them feel at home," she said.

The welcoming centre based in the Chocolate Lake Hotel, where refugees stayed before moving into permanent housing, closed last month. Almost 700 government-assisted refugees were placed in their new homes across the HRM.

Atallah said the association continues to support refugees settling into their communities,

from helping them with shopping to orienting them to health care.

Barbara Miller Nix, who oversees the YMCA's immigrant services, said staff there are now focusing on settling the kids into schools, helping them to engage in activities. "Making friends and fitting in is a primary success point for children," she said, and the biggest challenge has been a language barrier.

The YMCA works with 29 schools in HRM to help students settle into school and their communities, including Bedford, Clayton Park and Hammonds Plains.

The settlement staff, who normally work with schools to help settle immigrant students and liaise with families, rotated shifts over the last few months, working in the hotel to deliver special programs helping students get ready for school.

Miller Nix said students were also able to form a connection with staff members who they'd then see at school.

"We heard from many students who said they were happy to see a familiar face when they started school," she said.

Now they'll focus on helping students adjust to their new schools and make friends, through their school settlement program and youth outreach programs for newcomers.

STREET VS. STREET

Argyle plans ahead of Spring Garden work worries business group



Jeremy McKay, or Mr. Yoyothrower, does tricks during a Mingle on Argyle Street last summer. JEFF HARPER/METRO

**DEALER INVOICE
PRICING**



NO WONDER THE COMPETITION IS OUTRAGED!

2016 HYUNDAI

ACCENT ^{FR} \$8990*

SEDAN OR HATCHBACK

2016 ACCENT L

^{FR} \$25
PER WEEK†

- 4-WHEEL DISC BRAKES
- 60/40 SPLIT REAR SEAT
- 137 HP 1.6L GDI ENGINE
- 5-YEAR WARRANTY
- AND MORE

2016 ACCENT LE

^{FR} \$35
PER WEEK†

- ACCENT L OPTIONS PLUS:
- AUTO TRANSMISSION
 - AIR CONDITIONING
 - REMOTE START
 - AND MUCH MORE!

2016 ACCENT GL

^{FR} \$39
PER WEEK†

- ACCENT LE OPTIONS PLUS:
- BLUETOOTH
 - POWER WINDOWS
 - HEATED SEATS
 - CRUISE CONTROL & MORE

2016 HYUNDAI

ELANTRA GL

^{FR} \$15,749** OR \$42 PER WEEK†

- AUTOMATIC TRANSMISSION
- POWER WINDOWS & LOCKS
- HEATED FRONT SEATS
- AIR CONDITIONING
- CRUISE & TILT
- BLUETOOTH



2016 HYUNDAI
SANTA FE

60 MO
LEASE
FROM: **\$189**
BIWEEKLY PAYMENT | 20,000K PER YR



\$0 DOWN
INCLUDES TAX,
FREIGHT & FEES

2016 HYUNDAI
TUCSON

48 MO
LEASE
FROM: **\$165**
BIWEEKLY PAYMENT | 20,000K PER YR



\$0 DOWN
INCLUDES TAX,
FREIGHT & FEES

ALL NEW 2017 HYUNDAI
ELANTRA GL

48 MO
LEASE
FROM: **\$145**
BIWEEKLY PAYMENT | 20,000K PER YR



\$0 DOWN
INCLUDES TAX,
FREIGHT & FEES

Steele
HYUNDAI

3625 Kempt Rd, Halifax, NS
Local: 902.982.3980
TollFree: 1 877.720.7453
www.steelehyundai.com

**YOU PAY THE
INVOICE PRICE!**

**DEALER INVOICE
PRICING**

* Plus tax, freight & fees. Rebate to dealer. Based on Steele Financing. ** Plus tax, freight & fees. † Payment is plus applicable taxes, freight & fees.



Sexual assault centre sets \$10k crowdfunding goal

CRIME

Organization urges public to stand with survivors



Nicole Gnazdowsky
For Metro | Halifax

The Avalon Sexual Assault Centre is calling on Haligonians to stand with them in supporting survivors, as the organization's staff try to respond to the recent influx of reported sexual assaults in the city.

The Avalon Centre launched a compassionate crowdfunding campaign called Stand with Avalon on the YouCaring website Monday morning, with hopes of meeting a donation target of \$10,000 over the month of May, which also happens to be sexual assault awareness month.

The recent high-profile Jian Ghomeshi verdict, along with the third anniversary of Rehtaeh Parson's death, have brought forth more victims of sexual assault than the centre located on Dresden



The experience of sexual assault survivors has been in the news since the trial of Jian Ghomeshi, shown leaving court March 24 with lawyer Marie Henein. Ghomeshi was acquitted on all sexual assault and choking charges last month. **FRANK GUNN/THE CANADIAN PRESS**

Row can handle.

"When there have been high-profile cases in the news, people do reach out for support and so does the community to support the needs," Jackie Stevens, executive director for the Avalon Centre, said Monday.

Avalon works to raise awareness of sexual assault rates, support victims and make sure perpetrators are held accountable, accord-

ing to the centre's website. Through counselling victims, the centre allows for healing and empowerment to take precedent over the feelings of victimization.

The crowdfunding page says all donations will go directly to assisting those who have been victimized.

"Avalon, like a lot of non-profits, because of the nature of the work and the issue, you never know what the demand

will be year to year; often times they are underfunded," said Stevens.

Nova Scotia has one of the highest rates of sexual violence per capita with the lowest rates of reporting, charges, and convictions, according to a video produced by Avalon.

"Certain issues resonate with people," Stevens said. "More and more people are realizing this is a serious social and systemic issue."



This campaign will help us to better respond to people who may currently have limited access to support and services after sexual assault/abuse.

Campaign literature

SEXUAL VIOLENCE

Tory bill to ensure free lawyers for victims

Nova Scotia's opposition Progressive Conservatives have tabled a bill calling for free legal representation for some victims of sexual violence.

Party leader Jamie Baillie issued a statement Monday saying the bill would enshrine the right of victims to legal representation.

The bill would also require the province's Director of Victims Services to cover the costs of legal representation for victims of sexual violence who can't afford it otherwise.

As well, the bill specifically states that victims of sexual violence have "the right to be treated with respect when giving evidence about the sexual violence."

The Tories, who hold 10 of 51 seats in the legislature, also tabled a bill Monday that would require all universities and colleges to develop sexual violence policies with student input.

The proposed legislation would require each policy to include processes for making complaints, 24-hour response protocols, an annual review process and data collection rules that would include public release of the number and type of complaints.

"Sexual assaults are serious crimes that have a devastating effect on survivors," Baillie said in a statement.

"When someone is brave enough to come forward and report a sexual assault, they must have confidence that the justice system will treat them with compassion and respect. They also deserve to leave with the sense that justice has been done." **THE CANADIAN PRESS**

+ ONLINE

Visit youcaring.com/avalon-sexual-assault-centre-559352 to donate and avaloncentre.ca for more information.

COURT

Autistic man seeking autonomy loses right to direct lawyer

A Nova Scotia man fighting to overcome limits on his rights as a person with intellectual disabilities won't be allowed to advise his lawyer on his own, a judge ruled on Monday.

Judge James Chipman of the Nova Scotia Supreme Court said the rules of civil procedure in Nova Scotia require 25-year-old Landon Webb to have a litigation guardian.

"I will be open to a reasonable

litigation guardian that hopefully the parties can agree to, but if they don't, I'll make the call," the judge said, before setting the date of June 28 to begin the hearing on Webb's rights.

Webb's lawyer, Susanne Litke, said in an interview outside court the decision means Webb will no longer be able to directly instruct her as he did when he told her to oppose the appointment of the guardian at Monday's hearing.

"If I'm representing a litigation guardian for Landon, I'm taking instruction from them, not from Landon directly. That's the difference," she said.

Webb has been trying to overturn his "mentally incompetent" status, and says the province's Incompetent Persons Act infringes on his rights and freedoms.

His case made headlines last October after he left the Kings Regional Rehabilitation Centre

in the Annapolis Valley for several weeks.

His parents, Brenda and Darrell Webb, went public with concerns about their son, who they said functions at the level of a 10- or 12-year-old. They said he had been diagnosed with autism, has developmental disabilities and can have severe anxiety.

Webb was found safe in Edmonton last November and returned to Nova Scotia, where

he has since appeared in local media saying he is not incompetent and wants to be free to live a normal life.

Jeanne Desveaux, the lawyer for Webb's mother and father, argued in court Monday that there's evidence from the King's centre and from a portion of a medical assessment being done on Webb that suggests a litigation guardian would be wise.

THE CANADIAN PRESS



Landon Webb. **METRO FILE**



Artists paint Argyle Street with an argyle pattern last year. JEFF HARPER/METRO

Spring Garden advocates hope for separate project from Argyle

STREETSCAPE DEBATE

Plan sees wider sidewalks, buried cables, street canopies



Haley Ryan
Metro | Halifax

Business advocates say a proposed streetscaping plan is great for downtown Halifax, but Spring Garden Road work should not come "second" to Argyle Street.

A staff report coming to Hali-

fax regional council Tuesday recommends preparation of detailed design, construction, and tender documents for streetscaping projects on Argyle/Grafton Streets and Spring Garden Road that could add up to \$16.6 million.

"Spring Garden in many respects is the showpiece of the downtown," Juanita Spencer, executive director of the Spring Garden Area Business Association (SGABA), said Monday.

"When we tackle Spring Garden, we need to do it right," she said. "It's probably been close to 40 years since we've had anything major."

The plan has construction

starting in mid-August for Argyle (between Blowers and Prince streets) and Grafton (between Prince and Carmichael streets).

Details include removing barrier curbs, installing decorative unit pavers, new lighting, street furniture, trees, and overhead canopies, with a cost of \$6.6 million if cost-sharing with the Nova Centre comes through.

The report said while Spring Garden costs could be between \$9.5 and \$11 million, the final number depends on whether costs can be shared, and the "balance of funds" remaining after Argyle.



When we tackle Spring Garden, we need to do it right.

Juanita Spencer

"We're a project second to Argyle, which is a bit of concern," Spencer said.

The area deserves a standalone project due to the spike in mixed-use development on Spring Garden, Spencer said, as well as the Halifax Central Library and Public Gardens drawing tourists to the street, high pedestrian traffic, and

multiple businesses.

The plan's scope includes the area between Queen and South Park streets, and entails undergrounding of overhead power and communications lines, replacement of municipal works like road pavement, widening sidewalks, curb and gutter changes, decorative lighting, traffic signals, trees and site furnishings.

Spencer said the details themselves are great, but she's concerned any cost overruns on Argyle could hurt the Spring Garden budget.

Paul MacKinnon of the Downtown Halifax Business Commission said while both

projects are of equal importance, Argyle is easier to complete first because there is a "vision ready to go" and it would be ideal to finish for the Nova Centre opening.

"Spring Garden Road, frankly, is a more complicated street ... having to balance the needs of pedestrians with buses and traffic," MacKinnon said Monday.

At the very least, Spencer said she's hoping to see short-term changes like limiting loading zone hours before 10 a.m. as soon as possible, and the removal of bus stops and seven on-street parking stalls to help traffic flow.

CITY HALL

Other items on council agenda

1 Campaign reform:

Coun. Wayne Mason will table a motion to consult the public on the province's recent Bill 154, which could allow the municipality to enact a bylaw regarding campaign finance reform, and report back with recommendations. The consultation would include, but not be limited to, campaign spending limits, maximum contribution amounts, disclosure requirements, eligibility to contribute,

\$50,000

A one-time joint grant to the Nova Scotia SPCA and SPAY Day HRM Society to extend the TNR (trap-neuter-release) program.

and dates for making contributions.

2 Cat cash:

The audit and finance standing committee is

recommending council provide one-time \$50,000 joint grant to the Nova Scotia SPCA and SPAY Day HRM Society to extend the TNR (trap-neuter-release) program, to be funded from the existing 2016-17 planning and development budget. The committee is also requesting a staff report on the feasibility of establishing a permanent grant program for spaying and neutering cats that would return to council this October.

HALEY RYAN/METRO

Université
Sainte Anne
The Only Francophone University
in Nova Scotia

**WE'RE
MOVING
May 1st**

Our new Halifax Campus location is
1190 Barrington St. (Suite 100)

Learn French in Halifax
Call 902-424-1164 Today to Learn More!

usainteanne.ca/clts • fls@usainteanne.ca • @USainteAnneHFX



Home for a laugh

ENTERTAINMENT

Kyle Hickey glad to return for Halifax ComedyFest

Yvette d'Entremont
Metro | Halifax

Kyle Hickey has made a name for himself as a comedian and spokesperson for Auto Trader magazine, but the former Lower Sackville resident said performing at this week's Halifax ComedyFest is a great opportunity.

"The Halifax ComedyFest is the one that I just coveted so much and everyone here thinks that I've done it because I'm from here," he said Monday during a telephone interview from Toronto.

"People won't even ask me, they'll just bring me on stage and say 'This guy has done the Halifax Comedy Festival,' and I have to go, 'No. Sorry folks. I didn't. That man was lying to you.'"

Hickey stumbled upon stand-up after a relationship soured in 2008 during his St. Mary's University days.

"I had all of this extra time on my hands so my friends thought I should try and do standup comedy ... so I signed up for an amateur night at Yuk Yuks," he recalled.

"Because it was a phone-in spot I called the guy's answering machine and I wanted to do it so bad I called like 30 times leaving these desperate pleas."

Although he said his first foray into comedy was "obviously terrible," the smattering of applause encouraged him to continue. He spent five years doing comedy in Halifax before moving to Toronto three years ago.

"My set ... it's going to reson-



Kyle Hickey used to live in Lower Sackville. CONTRIBUTED

ate really well with the crowd that's going to come out from Halifax if you grew up in the Maritimes at all," he said.

"I think a lot of the jokes I have are really going to hit home because it's where I grew up and it's the writing style I gained from starting comedy in that city."

The Lower Deck pub comedy show he's performing in has already sold out, but Hickey will also be appearing in a Friday night show at Yuk Yuks Comedy Club.

"I have not accomplished this thing yet (Halifax ComedyFest), so this is a wonderful opportunity for me to have my standup shot on CBC TV and have it shot in my hometown

CHECK IT OUT

Stand up for standup

The 21st annual Halifax ComedyFest features more than 30 comedians performing at 14 shows at venues around Halifax. It runs Wednesday to Saturday. For tickets and more information go to: halifaxcomedyfest.ca

METRO

in a bar that I've most certainly drank many pints in," he said.

"There will be so much pepperoni and lobster rolls as soon as I drop ... No donairs until night."

DISCOVER CHEVROLET

DRIVE AWAY WITHOUT PAYING ON CARS AND CROSSOVERS

\$0

FIRST MONTH'S PAYMENT

\$0

DOWN PAYMENT

\$0

ONE AT DELIVERY

\$0

SECURITY DEPOSIT

ON LEASE PURCHASES

2016 CRUZE LIMITED LT AIR/AUTO

\$49* FOR 24 MONTHS WEEKLY

\$0

DOWN PAYMENT

FIRST 2 BI-WEEKLY PAYMENTS ON US

LEASE \$98 BI-WEEKLY (INCLUDES \$501 GM VISA APP BONUS)

Includes Automatic Transmission, Air Conditioning, Power Express Windows, Keyless Remote Locks w/ Autostart, Cruise Control, Tilt & Telescopic Steering, Rear Vision Camera, MyLink Infotainment w/ 7" Touchscreen, Bluetooth Connectivity, OnStar 4G LTE with Wi-Fi, plus much much more...

SAFETY 10 AIR BAGS, 4 DOORS, 2.5L ENGINE, 100MPH, NHTSA

CHEVROLET COMPLETE CARE:

2 YEARS/25,000 KM CERTAIN MAINTENANCE OIL CHANGES

5 YEARS/100,000 KM ROADSIDE ASSISTANCE

5 YEARS/100,000 KM POWERTRAIN WARRANTY

CHEVROLET

BEST MANAGED COMPANIES Platinum member

O'REGAN'S DRIVING HIGHER STANDARDS

CHEVROLET | BUICK GMC | CADILLAC

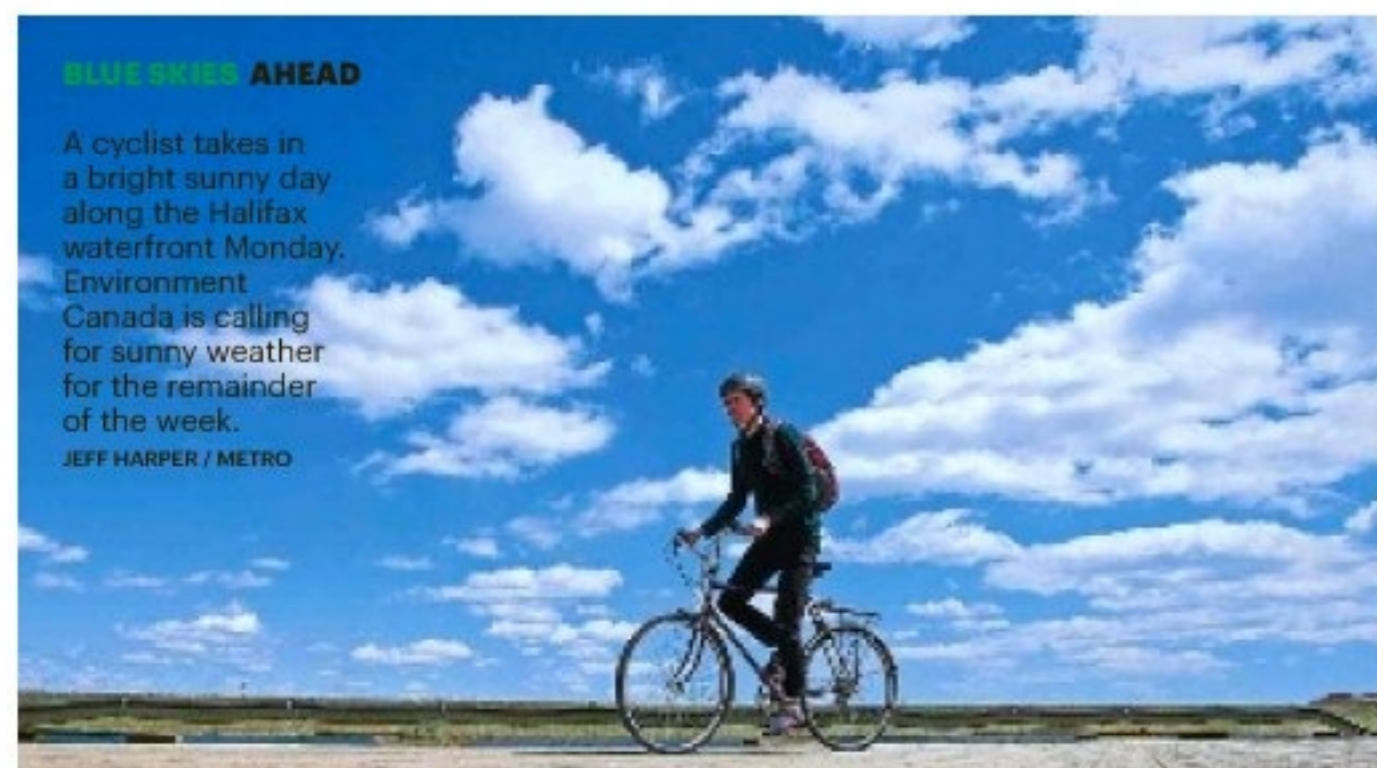
2477 ROBIE STREET
902-422-8551 | OREGANSONROBIE.COM

*Lease options are 20,000 km per year. Payment options approved credit only. With GM logo on Robie for complete details.

BLUE SKIES AHEAD

A cyclist takes in a bright sunny day along the Halifax waterfront Monday. Environment Canada is calling for sunny weather for the remainder of the week.

JEFF HARPER / METRO



Sentencing in sex assault case delayed

SUPREME COURT

Ex-paramedic will now learn fate on June 17 in Halifax



Yvette d'Entremont
Metro | Halifax

The sentencing of a former paramedic found guilty of two counts of sexual assault was postponed Monday due to a sick judge.

James Duncan Keats appeared in front of Nova Scotia Supreme Court via video link for his sentencing hearing.

Last December Keats was found guilty of two sexual assaults that occurred in 2013.

The former paramedic from Kentville was fired from his job as a paramedic after

six different women accused him of sexual assault.

He was convicted in one case last June, and was sentenced to four years in prison last October after sexually assaulting a 71-year-old patient in her Annapolis Valley home.

Chief Justice Joseph Kennedy presided over Monday's sentencing hearing.

He said Justice Felix Caccione was ill and unable to attend.

Because Caccione was the judge who presided over Keats' trial, the sentencing was moved to June 17.

+ IN CUSTODY

James Duncan Keats will be remaining in custody at a federal prison until the new sentencing date on June 17.



James Duncan Keats. TC MEDIA

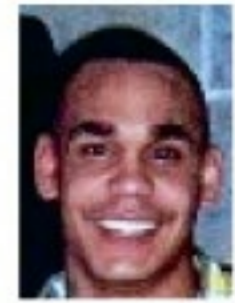
INVESTIGATION

Public asked for help in Nathan Cross death

Five years after the murder of Nathan Cross in North Preston, police are once again asking anyone with information about his death to come forward.

Police responded to reports of shots fired at a Churchill Terrace residence in North Preston on April 24, 2011. When officers arrived, they found Cross unconscious and unresponsive.

Police say Cross had been standing outside with a group of people when a suspect fired several shots that struck him. He was then transported to hospital by paramedics, where he was pro-



Nathan Cross
HANDOUT

nounced dead as the result of a gunshot wound.

Investigators believe there are witnesses who have information that could result in arrests and possible charges. Anyone with information is asked contact RCMP, Halifax Regional Police or Nova Scotia Crime Stoppers at 1-800-222-TIPS (8477) METRO HALIFAX

ATTEMPTED MURDER

N.S. man charged in Yarmouth stabbing

A man is facing charges including attempted murder after a stabbing in Yarmouth on Saturday night.

Around 10:45 p.m., Nova Scotia RCMP said two men from Yarmouth aged 23 and 20 were walking in the area of Collins and Main streets when they were

approached by another man. The man stabbed the 23-year-old with a knife.

On Sunday evening, officers arrested Jairus Harold Berry, 23, of Yarmouth without incident. He is facing charges of attempted murder, aggravated assault, and assault with a weapon. TC MEDIA

**IT'S A JOURNEY.
GO THE DISTANCE.**

Walk to fund vital support services and Canada's most promising cancer research.

relayforlife.ca

Accept the baton. Register today!

Halifax	June 3, 2016	Citadel Hill
Dartmouth	June 10, 2016	Shearwater 12 Wing
Sackville	June 10, 2016	Acadia Park

**HERE'S TO
40 YEARS!**

Thank You

As one of Atlantic Canada's largest independent brokers, we are proud to be locally owned & operated.

Home Insurance • Auto Insurance • Commercial Insurance
Life Insurance • Group Insurance • Financial Services

Cluett
INSURANCE

info@cluettinsurance.ca
NS: 902.466.5328
PEI: 902.436.4242
Toll-Free: 1.866.466.9660
cluettinsurance.ca

'It's a slippery slope'

COURT

Man fights treatment of obese plane passengers

Delta Airlines' practice of bumping obese travellers or making them buy two seats is discriminatory and should be banned in Canada, says a Halifax man who advocates on behalf of airline passengers.

Gabor Lukacs appeared Monday before the Federal Court of Canada, telling a three-judge panel that even though he is not overweight himself, he should have the right to file a complaint about a carrier's policy.

"The airline is discriminating based on size," Lukacs said in court. "It could be eye colour... It's a slippery slope."

He said the airline routinely asks large passengers to move to another seat, take a later flight or buy an additional seat.

The Canadian Transportation Agency dismissed his initial complaint in November 2014, finding that Lukacs had no private or public standing in the matter because he wasn't directly affected by it.

Lukacs said dismissing his complaint simply because the issue didn't affect him personally was akin to disregarding someone's concerns over contaminated food just because they weren't made sick by it.

"Because what we are protecting here are public and societal interests, not individ-



Gabor Lukacs argued in federal court Monday that even though he is not overweight himself, he should have the right to file a complaint about a carrier's "discriminatory" practice of bumping obese travellers. ANDREW VAUGHAN/THE CANADIAN PRESS

ual interests. It doesn't matter whether the complainant is me or someone who is actually large," he said outside court in Halifax.

"The question of who the complainant is should be utterly irrelevant because it affects everybody."

He told the court that the agency's own legislation makes it clear that anyone can file a complaint.

As well, he said he has a demonstrated expertise in the area of passenger issues, having filed

"The question of who the complainant is should be utterly irrelevant because it affects everybody."

Gabor Lukacs

more than two dozen successful complaints with the agency and, as a result, bringing about improvements to the industry.

The 46 mentions of his name in agency decisions show that he has a "long-standing, real and continuing interest in the rights of air passengers," he said.

"In the U.S. they do many things that we disagree with," Lukacs said outside court. "There are states that discriminate against people based on their sexual orientation ... We are Canadians. We are different. We don't subscribe to discrimination."

The panel reserved its deci-

sion on standing to a later date.

A lawyer for Delta declined to comment outside the court.

Lukacs said the airline should use adjustable seats that can be widened for big passengers.

"The first thing they should do is leave passengers alone," he said outside court.

"If a passenger can physically fit into a seat, even if they are overreaching on both sides, they should be allowed to occupy the seat."

THE CANADIAN PRESS

UPS

Diverted airplane lands safely

A UPS plane that was diverted to Halifax because of mechanical problems has landed without incident.

Stanfield International Airport spokesman Peter Spurway says the cargo plane was en route from Louisville, Ky., to Cologne, Germany, when it was diverted.

Spurway says emergency vehicles were standing by but the plane touched down uneventfully just before 10 a.m. local time.

There were four people aboard, and Spurway says there are no reports of any injuries.

THE CANADIAN PRESS

REFORM

Province tables legislation to overhaul Elections Act

The Nova Scotia government tabled legislation Monday to overhaul the province's elections rules in a bid to bring them in line with those of other provinces.

The proposed changes include new, fixed spending limits for parties and candidates, and limiting provincial campaigns to a maximum of 46 days.

The government says the new limit is aimed at saving taxpayers' money.

THE CANADIAN PRESS

COOKING FOR CANCER
bite for the fight
Presented by
Sobey's

Canadian Cancer Society / Société canadienne du cancer

May 2, 2016
Westin Nova Scotian

cancer.ca/cookingforcancer

Tickets Available Now

Check again tomorrow to meet another chef!

Chef
Pete Luckett

"A new career would totally change my life."

Train for a career in Office Administration in 13 months.

Apply now to start in September

902-463-6700 maritimebusinesscollege.com

Trudeau condemns killing as 'cold-blooded murder'

TERRORISM

John Ridsdel was beheaded by militants in Philippines

Prime Minister Justin Trudeau condemned Monday the "cold-blooded murder" of a Canadian beheaded by terrorists in the Philippines after being held hostage for seven months.

Trudeau confirmed the victim was 68-year-old John Ridsdel of Calgary.

Ridsdel was one of four tourists — including fellow Canadian Robert Hall, a Norwegian man and a Filipino woman — who were kidnapped last Sept. 21 by Abu Sayyaf militants from a marina on southern Samal Island.

The militants had threatened to kill one of the three male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Philippines police said a plastic bag containing Ridsdel's decapitated head was dumped in a street Monday night by two men on a motorcycle in Jolo, a town in Sulu province.

Trudeau said he was "outraged" by the news.

"Canada condemns without reservation the brutality of the hostage takers and this unnecessary death," Trudeau said in a hastily assembled appearance before the media in the midst of a cabinet retreat.



Abu Sabaya, far left, one of the leaders of the Abu Sayyaf muslim extremist group, is seen with rebels displaying heavy weaponry while in Jolo island July 17, 2000. The militants beheaded 68-year-old John Ridsdel, of Calgary, and are still holding three other tourists hostage. AFP/GETTY IMAGES

"This was an act of cold-blooded murder and responsibility rests squarely with the terrorist group who took him hostage."

Trudeau said the Canadian government is committed to working with the Philippine government and international partners to "pursue those responsible for this heinous act and bring them to justice."

On behalf of all Canadians, he also expressed his "deepest condolences" to Ridsdel's

family and friends.

"They have endured a terrible ordeal and this is a devastating moment for all of them."

He did not answer any questions, including whether the government had paid a ransom for Ridsdel or Hall. However, an official said it is long-standing government policy to not pay ransom demands.

In militant videos posted online, Ridsdel and Hall, Norwegian Kjartan Sekkingstad and Filipino Marites Flor

were shown sitting in a clearing with heavily armed militants standing behind them. In some of the videos, a militant positioned a long knife on Ridsdel's neck. Two black flags hung in the backdrop of lush foliage.

The abductions highlighted the long-running security problems hounding the southern Philippines, a resource-rich region that suffers from poverty, lawlessness and decades-long Muslim and communist

insurgencies.

Abu Sayyaf emerged in the early 1990s as an offshoot of a separatist rebellion by minority Muslims in the predominantly Roman Catholic nation's south.

The group — which Canada and other western countries consider a terrorist organization — has relied on extortion and huge ransoms earned from kidnappings of mostly Western tourists and missionaries to survive for more than two decades. THE CANADIAN PRESS

Ridsdel 'could bridge many communities'

John Ridsdel, a Canadian killed by hostage-takers in the Philippines, was remembered Monday as a brilliant, compassionate man with a talent for friendship.

"He could bridge many communities, many people, many situations and circumstances and environments in a very gentle way," said

Gerald Thurston, a lifelong friend of the former mining executive and journalist who grew up with him in Yorkton, Sask.

Ridsdel was one of four tourists who were kidnapped last September from a marina resort on southern Samal Island by Abu Sayyaf militants.

The Islamic militants had threatened to kill one of the male hostages if a large ransom was not paid by 3 p.m. Monday local time — 3 a.m. ET.

Police said Monday that the head of a Caucasian male was recovered in the southern Philippines and Canadian government officials confirmed the victim was Ridsdel.

Thurston said his friend was marked by the compassion and respect with which he treated those around him.

"It is hard to believe this could happen to someone who was raised in Yorkton," Saskatchewan Premier Brad Wall said in a Facebook post.

THE CANADIAN PRESS



John Ridsdel
AFP/GETTY IMAGES

CITIES

Infrastructure cash to start flowing

Cities and provinces with new, shovel-ready infrastructure projects will be eligible for funding under the first phase of the Liberal infrastructure program, but only if the work is completed within the next three years.

That's the message in letters which federal Infrastructure Minister Amarjeet Sohi sent to his provincial counterparts last week.

Project costs for transit and waste-water and water-treatment projects will be eligible retroactive to April 1, "so work can begin immediately," Sohi wrote.

The first phase of the Liberals' promised 10-year infrastructure plan wraps up in 2019 — just as the country heads to the polls in a federal election — and is mostly focused on repairing aging roads, pipes and transit systems across the country. It

is also designed to lay the foundation for the second and more lucrative phase of the Liberal plan by covering planning costs for larger projects.

"There is money for design, there is money for planning and there is money for doing small projects if they are ready to move ahead with them," Sohi told reporters at the Liberal cabinet retreat in Kananaskis, Alta.

There are big challenges related to not doing the rehabilitation and the repairs that are necessary and for Phase 2 we



Amarjeet Sohi, infrastructure minister

have already started consultations with (cities) and that's where we will have the opportunities to support transformative projects."

The Federation of Canadian Municipalities says there are many projects that could be eligible, from transit stations in Vancouver to waste-water treatment systems in Victoria and St. John's that are among 106 systems that need upgrades in the next four years at an estimated cost of \$3.5 billion.

THE CANADIAN PRESS

Train for a career in Interior Decorating & Space Planning

Ask about our
TUITION
PLEDGE

SC Success College
Get Ready.

Complete a
2 year program
in just 60 weeks.

Apply now to
start in September!

successcollege.ca 902.865.8283

Actor portrayals.

POLICE SHOOTING

Tamir Rice suit settled

The city on Monday reached a \$6 million settlement in a lawsuit over the death of Tamir Rice, a 12-year-old black boy shot by a white police officer while playing with a pellet gun outside a recreation centre.

An order filed in U.S. District Court in Cleveland said the city will pay out \$3 million this year and \$3 million the next. There was no admission of wrongdoing in the settlement.

Family attorney Subodh Chandra called the settlement historic but added: "The resolution is nothing to celebrate because a 12-year-old child needlessly lost his life."

The wrongful death suit filed by his family and estate against the city and officers and dispatchers who were involved alleged police acted recklessly when they confronted the boy on Nov. 22, 2014. A video of the encounter shows a cruiser skidding to a stop and rookie patrolman Timothy Loehmann firing within two seconds of opening the car door. Tamir wasn't given first aid until about four minutes later, when an FBI agent trained as a paramedic arrived.

THE ASSOCIATED PRESS



Tamir Rice AFP/GETTY IMAGES

Opponents ally to oust Trump

U.S. ELECTION

Front-runner bristling at collaboration

Donald Trump says an extraordinary collaboration between Ted Cruz and John Kasich aimed at unifying the anti-Trump vote in some remaining primaries is a desperate move by "mathematically dead" rivals.

Such collusion would be illegal in many industries, the Republican presidential front-runner said, but it's illustrative of "everything that is wrong in Washington and our political system."

Under the arrangement outlined late Sunday, Kasich, the Ohio governor, will step back

in the May 3 Indiana contest to let Cruz bid for voters who don't like Trump. Cruz, a Texas senator, will do the same for Kasich in Oregon and New Mexico.

The arrangement does not address the five Northeastern states set to vote Tuesday, where Trump is expected to add to his already overwhelming delegate lead. Yet the shift offers increasingly desperate Trump foes a glimmer of hope in their long and frustrating fight to halt the billionaire's rise.

"It is big news today that John Kasich has decided to pull out of Indiana to give us a head to head contest with Donald Trump," Cruz told reporters as he campaigned in Indiana on Monday. "That is good for the men and women of Indiana. It's good for the country to



Ted Cruz and John Kasich AFP/GETTY IMAGES



have a clear and direct choice." Kasich sent mixed messages, however, as he addressed the pact for the first time while campaigning in Philadelphia.

Asked what Indiana voters should do next week, the Ohio governor just 13 hours after the arrangement was announced urged them to vote for him.

"I've never told them not to vote for me. They ought to

vote for me," Kasich said in a Philadelphia diner. He said he simply agreed not to spend "resources" in Indiana.

The announcement marks a sharp reversal for Cruz's team, which aggressively opposed coordinating anti-Trump efforts with Kasich as recently as late last week. And the agreement applies only to Indiana, Oregon and New Mexico — three of

the 15 states remaining on the Republican primary calendar. As Kasich backs out of Indiana, Cruz promised he would not compete in Oregon on May 17 and New Mexico on June 7.

Cruz's campaign manager, Jeff Roe, said in a statement explaining the new plans that Trump would be soundly defeated by the Democratic nominee, whether it's Hillary Clinton or Bernie Sanders. "Having Donald Trump at the top of the ticket in November would be a sure disaster for Republicans," he said.

Added Kasich's chief strategist, John Weaver, "Our goal is to have an open convention in Cleveland, where we are confident a candidate capable of uniting the party and winning in November will emerge as the nominee." THE ASSOCIATED PRESS



PHOTOS: THE ASSOCIATED PRESS/GETTY IMAGES

GREECE

Jordan's queen visits refugee camp

Queen Rania of Jordan has visited refugees and migrants on the Greek island of Lesbos, which has been one of the main gateways into Europe for people fleeing war, poverty and persecution at home. Rania visited the Kara Tepe camp Monday, a facility hosting more than 800 people. She says aid organizations had voiced "deep concern" over the recent European Union-Turkey deal under which those arriving on Greek islands after March 20 face deportation back to Turkey.

CAMBODIA

Turtle is declared nearly extinct

Cambodia's Royal Turtle is nearly extinct, with fewer than 10 left in the wild, because increased sand dredging and illegal clearance of flooded forest have shrunk its habitat, a conservationist group warned Monday.

The New York-based Wildlife Conservation Society said in a statement that for several years the small remaining population of Royal Turtles, "perhaps numbering fewer than 10," has been successfully protected in the Sre Ambel river system by a joint project of the government's Fishery Administration and WCS.

But a recent increase in disturbance along the river system in Koh Khang province, the only place the turtle is still found in Cambodia, is putting the species at great risk, it said.



A Cambodian Royal Turtle walks on the sand of Sre Ambel river bank, in western Phnom Penh, Cambodia. THE ASSOCIATED PRESS

The Royal Turtle is one of the world's 25 most endangered tortoises and freshwater turtles. Also known as the Southern River terrapin, the Royal Turtle is so named

because in historical times only the royal family could consume its eggs. The species was designated as Cambodia's national reptile in 2005.

THE ASSOCIATED PRESS

BEING A
MAZDA
OWNER
HAS ITS
PERKS

City
mazda

2672 Robie St, Halifax
(902) 453-4115

www.citymazda.com

Come see me &
our Service Team
for all your
vehicle's needs.



Vince Melanson
Service Consultant

THE PERKS

- We Service All Makes and Models
- Personal Concierge Service
- Competitive Pricing
- Shuttle Service
- Complimentary Coffee Service
- Factory trained technicians
- City Mazda maintenance plan
- Free Alignment Checks

BRING IN THIS COUPON FOR 5% OFF!

Expires September 30, 2016.

OVER 100 YEARS
COMBINED EXPERIENCE

Procrastinators, do your taxes

FINANCE

To avoid penalties, get returns filed before April 30

Taxes! What are they good for? That's what many Canadians ask themselves this time of year, as they scramble to file them on time.

Jacob Hirsh, an assistant professor at the University of Toronto, has a different question: "Why wouldn't you put them off?"

The Canada Revenue Agency expects your tax returns by April 30 (or June 15 if you are self-employed). But only 18 per cent of Canadians file well in advance of those dates, with one in five filing just in time, according to an H&R Block survey released last year.

Unless you're expecting a big refund, there is no real positive incentive to do your taxes early, according to Hirsh, who teaches organizational behaviour and human resource management. "Normally, the things that motivate us the most are the things we're ex-



Get rid of the taxes anxiety by just doing them already. ISTOCK

cited about; we perceive an opportunity for value," he said.

The main reward that comes with getting your taxes done is just that — the fact that they're done, Hirsh adds.

But there are negative incentives if you don't, include financial penalties. In other words, "Get it done — stop procrastinating, Canada!" says Caroline Battista, a senior tax analyst at H&R Block. "We want the services that come through

paying our taxes, but don't want to pay more than (our) fair share," she says. "And the chance to do that is on (our) tax return."

WHAT HAPPENS IF YOU FILE LATE?

Interest starts accumulating May 1 at 5 per cent, "but it comes up to a bit more because it's compounded daily," says chartered professional accountant Dale Romanovsky. There are also extra monthly

penalties for late returns.

If push comes to shove, the CRA will take care of your taxes itself, since employers file tax slips, Romanovsky says. He's noticed more clients coming to him with letters from CRA with its own assessments of what they owe.

WHO FILES LATE?

According to H&R Block, 35- to 54-year-olds procrastinate the most. That may simply be because their lives are busier,

Battista says.

When it comes to tax procrastinators' financial situations, though, anxiety doesn't discriminate.

Even experts can be guilty of putting things off; an accountant was a subject of a case study on which York University psychology professor Gordon Flett worked.

"He wasn't filing other people's taxes on time, let alone his own," says Flett. "This is how severe it was."

WHY PEOPLE DON'T FILE (ON TIME)?

People procrastinate for a number of reasons, including fear of failure, the seeming complexity of a task, the "jolt" that may come with doing something at the last minute, and a distaste for being told what to do, according to Flett.

Conscientious people tend not to procrastinate, says Hirsh, who added that some of the issues may have to do with a lack of awareness about taxes. "Basic financial life skills should be taught in school," he says, noting some are taught in high school, but that might be years before someone actually has to file a tax return.

TORSTAR NEWS SERVICE

\$1,580

The average tax refund processed in April, according to H&R Block

\$1,700

The average refund processed from January to March

\$1,380

The average refund processed after April

\$1,643

The average refund for 2015 as of April 12, 2016, according to CRA

29M

Number of Canadians that the CRA expects will file a return for 2015

Neptune THEATRE
GEORGE POTTHIOS artistic director
NEPTUNETHEATRE.COM
902 429 7070

ONLY UNTIL MAY 29

SHREK The MUSICAL

BEWARE OF OGRE!

2 TIX FOR \$99

PROMO CODE: 2015DONKEY
APRIL 26, 27, 28

BASED ON THE SCREENPLAY BY MICHAEL YARDIN
SCREENPLAY BY WILLIAM STENG
BOOK AND LYRICS BY DAVID LINDSAY-ADAMS
MUSIC BY JAMES NEWTON HOWARD
IN ASSOCIATION WITH THEATRE COMPANY OF CANADA
AND A THEATRE PRODUCTION

PRODUCED BY NEPTUNE THEATRE
DISTRIBUTED BY THEATRE COMPANY OF CANADA

AudiHalifax The Berkeley ExxonMobil Imperial PREMIERE

MCDONALD'S

Andra Day to appear on 40M Coke cups

Andra Day wants to inspire people to rise up while drinking a Coke.

The Grammy-nominated singer's image and lyrics from her standout single "Rise Up" will appear exclusively on 40 million Coca-Cola cups at select McDonald's throughout the country, Coke officials told The Associated Press on Monday. Day's appearance on the red-and-white cups is an extension of the recently launched "Share a Cup and a Song" lyrics program.

The cups will be available May 2.

"I really hope this gives people a simple reminder to persevere," Day said. "That's what the song is all about. That's why I like this Coke campaign, because it makes

you inspire community. I hope people are able to see the encouraging stories through this."

Purchasers of the cups can also view the short film documentary "I Rise," inspired by Day's single "Rise Up." The film can be watched on a cellular device after scanning a cup using Shazam's new image recognition technology.

The film features four African-American women, showcasing the impact they're making in their communities.

"Andra was an easy choice because she's an amazing talent," said Umur Ozydinli of Deviant Ventures, a marketing agency for Coca-Cola. "Her song 'Rise Up' has all the elements of an anthem." THE ASSOCIATED PRESS



Andra Day performs during the In Performance at the White House series, honoring Ray Charles. THE ASSOCIATED PRESS

HEALTH

Company aims to stop antibiotic resistance

A hundred years ago, a small wound could result in death if an infection spread. That could become reality again as the world threatens to return to a pre-antibiotic era due to antibiotic resistance.

Ottawa-based Avivagen has created OxC-beta, a natural alternative to antibiotics in animal feed using beta-carotene. This both helps animals grow optimally and boosts their immune systems, said president and CEO Cameron Groome, making it less likely the animals will need a dose of antibiotics.

THE CANADIAN PRESS

market minute



DOLLAR

78.83¢ (-0.09¢)



TSX
13,795.99 (-78.01)



OIL
\$42.64 US (-\$1.09)



GOLD
\$1,240.20 US (+\$10.20)

NATURAL GAS: \$2.063 US (-7.7¢)
DOW JONES: 17,977.24 (-26.51)



METRO POLL

Is Game of Thrones' nudity sexist?

As the world settles in to relish Games of Thrones' sixth season, one of the burning questions on fans' minds is: "Who are we going to see naked?" Metro's own unscientific research yielded unsurprising results: Over the show's five seasons, women have been given the full-frontal treatment twice as often as men. Is that unfair? **Is it time to even the score?** We asked our online readers.

1 Should Game of Thrones adjust its male-to-female nudity ratio?



2 Does the fact that there's way more female nudity on the show mean that it's sexist?

60% No way!
40% Absolutely.

WE ASKED Metro readers

Women enjoy watching these naked girls just as much as men do.

Equal rights, equal bods!

I think I've seen as many male nipples on the show as I have female nipples. The problem is that female nipples are sexualized.

I would rather see the actor's/actress's skill than their private parts.

It is likely catering to the audience. More males watch.

It is not directly being 'sexist,' it just follows the themes and storylines that were developed in the world of this TV show.

visit metronews.ca
HAVE YOUR SAY

ROSEMARY WESTWOOD

metroview

It's not cool to kill your plants. They have feelings, too.

In 2013, the New Yorker ran a long piece on plant feelings, and whether they have any.

It wasn't conclusive. But it was disturbing enough that I decided to stop buying plants. Inevitably, I kill any that come under my charge. Not via neglect and dehydration, mind you. I'm the smothering kind who drowns them to death.

Even ferns are too risky if there is a chance they could sense their own demise, I decided. Especially after I came across Avery Monsen and Jory John's whimsical book *All My Friends Are Dead*, in which a despondent potted plant begs: "Please stop buying my friends if you are just going to slowly kill them."

In 2010, when that book was printed, plant sensing, as it's sometimes named, hadn't yet come back in vogue (it was, naturally, a thing in the 70s). But there has since been a book (2012's *What a Plant Knows*) arguing plants see, smell, taste and feel; and a simmering debate over plant intelligence (plus a debate over the term "plant intelligence").

There are a few reasons to worry about all this right now. Chiefly, it's spring, and shops are again full of perfumed, kaleidoscope offerings for you to take home, enjoy and kill.

But also: Plants, like plant sensing, are hot. Boutique shops — with stylized cacti and lime-green foliage you

feel the urge to pet — are everywhere.

They answer the question: What do your plants say about you? (Artsy and in love with the southwest desert esthetic!) But beware of who you hurt while curating your image. A throw pillow doesn't care about the end of its threadbare neighbour, but plants have been found to recognize their kin and warn each other of bugs and water scarcity.

The research is part of what Natasha Myers calls a scientific and cultural "moment of recognizing both the force and power of plants."

"For me, the promise of (plant) sensing is the promise of (plant) sentience," says Myers, an anthropologist at York University who studies the relationship between plants and people. Many scientists agree plants both actively respond to, and shape, the world, she says. Perhaps they'll change our very understanding of what "intelligence" is.

What that means for the lowly houseplant is a paradigm shift in its function and worth. Myers suggests that we need to consider relationships of reciprocity with our plants: "What are we willing to give back?"

If not some small effort to understand their slow, subtle signals, their individual necessities of life, it's hard to argue we deserve them.

Doctors' petty turf wars hazardous to our health

HALIFAX MATTERS

Stephen Kimber



I first wrote about the case of Dr. Gabrielle Horne in May 2006. By that time, the incident that initially sparked my interest was already four years old.

Who would have guessed then it still wouldn't finally be resolved 10 years later?

In mid-October 2002, the head of the QEII's department of medicine

rescinded Horne's hospital privileges, effectively ending her world-class, world-changing medical research program.

At the time, Horne, Dalhousie University's first female MD/PhD in adult cardiology, was an assistant professor of cardiology and director of the QEII Health Sciences Centre's Cardiac Imaging Lab, a "global pioneer in a new area of heart failure research" that reliably generated millions in research dollars.

The official rationale for torpedoing Horne's career was "concern for patient safety." But it was difficult to believe then or now — after 14 years of hospital review committees, mediations, deals that came together and fell apart, an exhaustive independent inquiry and lawsuits only now coming to trial

— that the real problem wasn't simple professional jealousy.

"The best they have to justify what amounts to a case of professional homicide is that Doctor A can't get along with Doctor B," explained a senior physician who headed up one of those reviews. "There was one guy (Horne) didn't get along with, and she refused to allow him to bully her.... That's all."

So now Gaby Horne is suing the Nova Scotia Health Authority, the department of medicine, and two individuals. Her case will be heard over the next month.

It would be comforting to believe Horne's tragic, frustrating case is simply the result of a one-off personality conflict.

But it isn't. There's a recent damning report into three separate cases of doc-

tors "practicing in unrelated specialties and holding joint appointments" at Dal and the Capital Health. It concluded that, while the cases may have begun as personal disagreements, the result has been "a collective and systemic failure of policy, process, and academic administrative culture."

Regardless of the outcome of the court case, it is past time authorities at Dal and CDHA do some serious soul-searching to figure out new, better ways to handle disputes — for the sake of the doctors involved, and for the health of us all.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

It would be comforting to believe Horne's case is a one-off personality conflict. But it isn't.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shroot

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

TALK SENSE TO A FOOL AND HE CALLS YOU FOOLISH

EURIPIDES

Philosopher cat now at www.mymetrostore.ca



Rachael vs. Rachel: Jay Z infidelity rumours



The case for dedicated dad time

Labour Minister MaryAnn Mihychuk says she wants dedicated paternity leave to be part of promised changes to parental leave under the Employment Insurance program. **Writer Kaitlyn Kochany** whose husband took 17 weeks off to care for their newborn, shares her experience.

It's one a.m. on a Tuesday night and my husband is knocking on our bedroom door. "Someone's hungry," he says, holding our newborn son Noah. The two of them have been camped out in our den as I catch a couple precious hours of sleep. As Noah feeds, Mike refills my water glass and queues up his next movie, then I roll over once more, thankful that neither of us has to work in the morning.

While many fathers who take parental leave do so towards the end of their baby's first year, after their wives have returned to work, my husband Mike took his as soon as Noah was born. I returned to freelance work four weeks after our son's birth, so Mike arranged to take 17 weeks off, about half the total time allotted to parental leave. We thought we'd be able to establish a schedule before his return to work — sleeping through the night at six weeks, regular naps, family brunch on the weekends — but a fun fact about newborns is that they're totally uninterested in schedules.

Instead, we've used Mike's time off to cement ourselves as a new family. I always have someone to double-check that Noah is eating, sleeping, and pooping enough. He stays up late with the baby, and I get up early, so we both get close to enough sleep (although never quite as much as we want). We go together to doctor's appointments and drop-in centres, giving him intimate knowledge of Noah's health and development. This also saves me from becoming the family note-taker, collecting information to pass along when he's home from work. While I'm responsible for feeding Noah, Mike has become a champion diaper-changer, an experienced baby soother, and the captain of the stroller when we go for walks.

There are downsides, of course. Money is tight, and after the newness wore off, we experienced cabin fever. Well-meaning relatives have cautioned us that, by taking parental leave, Mike's career



Her husband has become the captain of the stroller since his paternity leave, writes Kochany. LIZ BEDDALL/METRO

will suffer. (Some American studies have shown that fathers who take paternity leave can be "daddy tracked," or sidelined for career advancement, similarly to working mothers.) None of us are looking forward to the day Mike has to return to the of-

fice — we're going to miss each other, he's going to miss Noah, and I'll be alone with a baby for the first time since Noah was born.

But the drawbacks are minimal when I look at the big picture. My husband and son bond every single day. Mike was the first person to see Noah roll over and to hear him laugh. The baby is comfortable with both parents — daddy isn't some guy who shows up at dinner time, and I get to recharge. Instead of feeling lonely or overwhelmed, a common complaint among my friends at home alone with their newborns, I feel supported. The big picture stays rosy into the future: children whose fathers take paternity leave tend to do better in school, and their households are usually more equal when it comes to chore division.

With more people than ever working in freelance or contract work, or working from home, this type of arrangement may become more common. Canada is looking at making paternity leave benefits more equitable, and Quebec already offers five weeks to new fathers. But we still lag behind countries like Sweden, where nearly 90 per cent of new dads take paternity leave, and they take an average of seven weeks.

Currently, less than 10 per cent of Canadian dads take leave. From where I sit, even a few weeks at home can help families: It normalizes the idea that dads are active parents, even to infants, and helps equalize household roles. Making Quebec's amount of leave time available to fathers nationwide would be a great first step.

When I asked Mike what he would say to a father considering taking time off, he didn't hesitate: "Definitely do it. Anyone will tell you that this time goes by a mile a minute. As much we change in a year, babies change every week. They'll never be as little and as curious about the world as they are right now, so it's worth taking."



Michael Cinovskis holds his three-month-old son Noah. Cinovskis, who works in development at CNIB, has taken 17 weeks off to be with his baby. LIZ BEDDALL/METRO

+ AT A GLANCE

Some details about parental leave:

- While new moms are guaranteed 15 weeks of maternity leave, either parent can take the 35 weeks allotted for parental leave combined.
- Families where the mother is recovering from C-section, where other children are home, or there is minimal community or family support, may want to consider paternity leave.
- Anyone on parental leave can expect to receive 55 per cent of their gross salary from EI, but some employers will top up the payments.

Bad sex? That's a deal-breaker!

RESEARCH

Studies show negative traits outweigh positive ones

Chewing gum too loudly. Using too many emoji. Not liking Beyoncé.

The scientific term for them is deal-breakers — the traits that make the Liz Lemon voice in your head cry out, "Shut it down."

They are characteristics that, in one person's eyes, makes someone undateable. And a series of studies in the Personality and Social Psychology Bulletin suggest that they really do outweigh good qualities in a potential mate.

So if you can't stand stinky feet, and you gag when your date removes their shoes, it doesn't matter if he has Ryan Gosling's abs, or if she has J-Law's smile — it's a non-starter.

In one anonymous online survey of 193 people, the researchers

found that "deal-breakers created a greater decrease in interest than deal-makers," such as being funny or good looking, "increased interest, suggesting that losses loom larger than gains, and people weigh negative mate-relative information more."

The researchers also discovered that women usually have more deal-breakers than men do, and that they have a lower tolerance for dates who don't meet their standards. In another survey, this time focusing on 285 undergrads, they found that women rated deal-breakers more highly, especially when looking for a short-term relationship.

One theory holds that women are pickier because they bear children and must therefore invest more effort into offspring.

But the most common deal-breakers were similar for both sexes, according to another study in the same paper.

The top nonstarter across the board was "dishevelled or unclean appearance." Women were likelier to say "lacks a sense of humour" and "bad sex" are im-

portant. For men, "low sex drive" was a particularly big no-no.

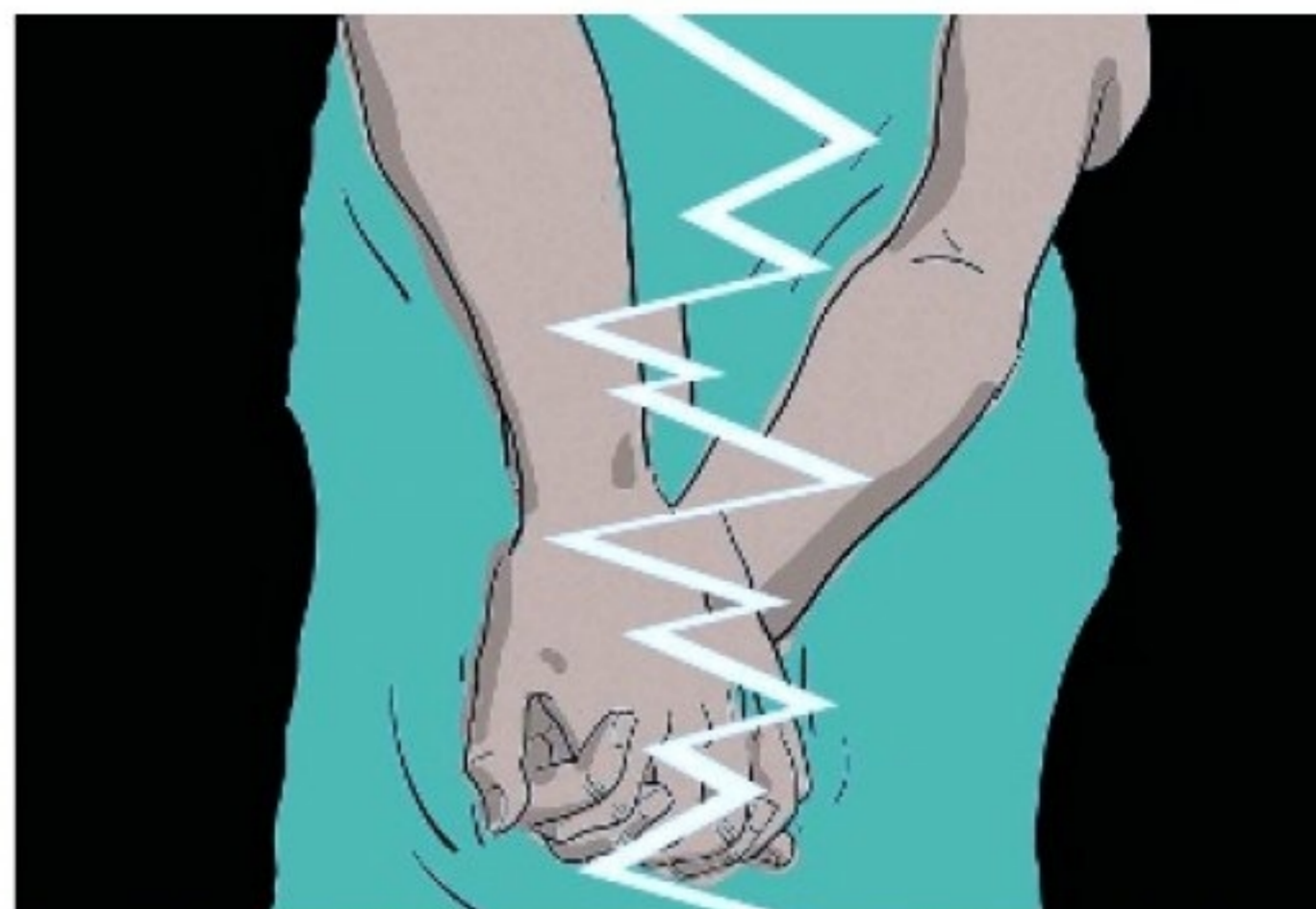
But some people can be too picky, says matchmaker and dating consultant Shannon Tebb. "If you're going around with this criteria list of all the things you want, I tell people throw that list out, because you're looking for this perfect specimen who doesn't exist," she said.

"If he's not tall enough, maybe start wearing flats."

Having deal-breakers isn't necessarily a bad thing, according to Samantha Joel, a post-doc fellow at the University of Texas at Austin who completed a Ph.D. in social psychology at the University of Toronto.

"I would argue that emphasizing the negative is not a picky strategy at all," she said. "It's basically saying this is the standard below which I won't go."

And deal-breakers aren't always firm, she added. "People are less objective and judgmental the longer they get to know a potential partner." In a University of Toronto and Yale study, she and her co-authors found



Researchers have found that deal-breakers — like stinky feet or chewing gum too loudly — trump positive traits when a person is deciding whether to date someone or not. ISTOCK

that people typically exaggerated their willingness to reject potential partners with undesirable traits.

Fewer than half of the study's participants agreed to go on a date with someone with three deal-breaker qualities when they were told that person was from a former session and the situation was hypothetical. But when they were told their potential date

was waiting in the lab, 74 per cent agreed to exchange phone numbers. Usually, the participants agreed to a date because they were afraid of hurting the other person's feelings.

But the modern dating world is more ruthless than that, says Peter Jonason of Western Sydney University, a co-author of the paper in the Personality and Social Psychology Bulletin.

"When using things like Tinder, there are no chances to get to know that person," he said in an email.

"If he is not tall enough, rejected. If she has short hair, rejected. No chance for empathy."

The lesson for daters is simple: Identify your own deal-breakers and then avoid people with those traits, he said.

TORSTAR NEWS SERVICE

YOGA

A pose that promises to 'heel' your hip and low back pain

YuMee Chung
Torstar News Service

Our twist on Cobbler's Pose will traction out your hips and release the deep muscles of your lower back.

Cobbler's Pose

1. Sit upright with knees hugged in close and inner big toes smooching one another.

2. Open the knees out to the sides like a pair of wings and gather the soles of the feet together into prayer position.

3. Place the left palm down high on the upper left thigh with all five fingers facing away from your centreline, while you prop the right hand on the ground, about 30 centimetres to your right and ever so slightly behind you. Lean into the right arm, using it like a kickstand; twist the shoulders a little to the right, turning your gaze over the right shoulder; and press the left hand strongly down and away as if you are trying to make your upper leg flatter and longer.

4. Stay for five slow breaths, act-



YuMee Chung demonstrates Cobbler's Pose. TORSTAR NEWS SERVICE

ively relaxing the left hip and low back to reap the full benefit of this subtle yet profound stretch.

5. Switch sides.

Do Cobbler's Pose anytime you feel pinchy or achy in the low back or hip sockets — it might just "heel" what ails you.

The Ill-Fitting Shoe Blues

According to the Canadian Federation of Podiatric Medicine, 75 per cent of Canadians will experience foot health problems at one time or another. Women report foot problems four times more often than men. Most foot

issues are not congenital but rather stem from wearing ill-fitting shoes. A whopping nine out of 10 women wear shoes that are too small for their feet in the name of fashion. How can you tell if your shoes fit you properly? If you cannot spread your toes out a little in your shoes, they are simply too small.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

Missy Domestic Long Hair



Missy is a senior cat with beautiful green eyes. She recently came to the shelter because someone in her human family developed allergies. Although this is a confusing time, she is adjusting to the shelter admirably well. Missy is friendly and likes to offer her tummy for a little rub. She seems to enjoy spending time with humans and sharing her affection... on her terms. As a mature girl who likes quite time, she will let you know when she's had enough. **Missy is just a sweet cat who has been uprooted from her family life and she would like nothing better than to be welcomed into her new forever home where she can settle in and let her new family get to know her.**

For more information on **Missy** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

BROUGHT TO YOU BY:

petvalu
your pet · your store

5686 Spring Garden Rd 902-490-9900
278 Lacewood Dr. 902-431-8665
96 Tacoma Dr. 902-435-9748
75 Peakview Way 902-835-3224
961 Bedford Hwy. 902-406-4470
752 Sackville Dr. 902-869-9050
Fall River 902-860-1722

Nova Scotia
SPCA
Provincial Animal Shelter

METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Are you ready to train like a viking?

NEW WORKOUT

Trainer wants you to scrap the selfies and start sweating

Svava Sigbertsdottir doesn't want to give you a "bikini body."

She wants you to do burpees until you can't anymore.

Then do 10 more.

The Icelandic-raised Sigbertsdottir is the founder of The Viking Method, an intense full-body workout she created after trying everything from Crossfit to yoga to football in search of a workout that would give her the elusive tight, toned body.

Now based in London, she counts singer Nicole Scherzinger and model Suki Waterhouse among her biggest fans.

The single mom to an 18-year-old daughter has developed a brand that revolves around her gruelling weeks-long training videos, priced at \$73 for a six-week program and \$130 for 12 weeks, her nutritional program focusing on healthy fats, fruits and vegetables, and her tough, motivating persona.

We caught up with Sigbertsdottir, 35, at Hard Candy Fitness in Toronto.



Trainer Svava Sigbertsdottir puts a priority on being powerful strong. TORSTAR NEWS SERVICE

What is the Viking Method?

Basically, it is a functional training method, so you use your own body a lot and you use free weights. I have specific exercises, I pair them in a certain way. I do very specific work for the core. No core crunches, no weird machines. I work the body the way it should work. No, like, on

all fours doing donkey kicks and ruining your hip. There are certain rules: 90 minutes before you exercise and 90 minutes before you go to bed, you can't have any carbs because they activate certain hormones that you don't want to have activated when you train and when you fall asleep. My most important

thing about the method is that we train for our performance, not for our looks. Our worth is not determined by the size of our ass. It's all about internal satisfaction.

Why don't you like before and after body photos?

You can cheat

so much on them. You do different lighting, you go in the sun bed, you have different underwear, you have makeup. What I find problematic with that is if you focus so much on looks, you're open to external opinions. Other people can get under your skin. Other people can make you feel awful about this picture that you felt really

happy about. Instead, it's very empowering to put up goals and be able to smash them

Why call it "Viking"?

I'm from Iceland, so it's logical to call it the Viking Method. It's everything that the word represents. A Viking is not going to stop doing an exercise because someone is watching and it might look silly. I'm resilient and I will set goals and I will not stop until I reach them. Be confident in yourself. Be powerful and strong — make that the thing that matters to you. Anybody can be a Viking, it's not like you have to be from Scandinavia.

What do say to someone who doesn't feel like working out that day?

I've been into the gym and I've stepped on the treadmill and I've stepped off it and I've walked back home. If that happens — and if it doesn't happen often — then don't sweat it. But if you feel this happening three or four times a week, then you just have to force yourself. You have to be a bit cruel to be kind with yourself in the beginning. If you just have an off day, just have the off day. Go home and order a pizza and watch Netflix.

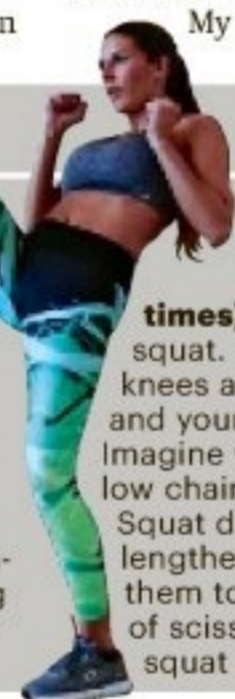
TORSTAR NEWS SERVICE

+ AT HOME ROUTINE

Test your viking strength

Sigbertsdottir demonstrates a three-move circuit with no breaks between moves. After completing the circuit, rest for up to a minute. Repeat five times.

1 Kneeling High Kick (repeat 8 to 12 times): Start kneeling and bring your left leg forward with your foot down and a 90-degree bend at the knee. Press into the left heel and come up, lengthening the left leg and at the same time kicking the right leg high up. Control it as you come back down. Do not use the right leg at all to lift yourself up, only the left. Engage your core and use your power to kick that leg out.



2 Narrow Beats (repeat 8 to 12 times):

Come down into a low squat. As you squat watch that knees are in line with your toes and your weight is on your heels. Imagine you're sitting down on a low chair that is far behind you. Squat deeply. As you jump up, lengthen the legs fully and beat them together (like closing a pair of scissors). Land in that deep squat again.



3 Tea Towel Crawl (repeat 2 to 4 times): Hold your body in a plank position, placing two tea towels under your feet. Using your arms, drag your body four steps forward, keeping your body in the plank position. Push your body four steps back.



THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

- 6 R.1a Mae Gold
- 5 Rihanna Kiss It Better
- 4 Drake ft. Wizkid and Kyla One Dance
- 3 Zara Larsson ft. MNEK Never Forget You
- 2 Fifth Harmony ft. Ty Dolla Sign Work From Home
- 1 Justin Bieber Company



PRINCE

When fans mourn the death of a celebrity

When icons die, the outpouring of public grief can easily be written off as mass hysteria.

There are snide terms for it. "Mourning sickness" describes supposedly ostentatious group grieving, while "grief porn" is used to describe the voyeuristic media coverage of that collective angst.

But psychologists said Friday the emotional pain of "losing" a star like Prince can be very real — and personal.

It can also leave entire groups of people grappling with deeply uncomfortable

existential questions, especially when celebrity deaths happen in spates.

"Individuals often form deeply affective relationships with celebrities with whom they have never had a face-to-face relationship," Liverpool Hope University sociology lecturer Michael Brennan said.

"This does not invalidate the grief-like reactions individuals may experience."

The dramatic death of Princess Diana in a car crash in Paris in 1997 is cited by many as having triggered the first

massive, public mourning for a celebrity.

In the month after her funeral, suicides in England and Wales were up 17.4 per cent, according to a study published in the British Journal of Psychiatry in 2000.

It concluded that "the death of a major public figure can influence rates of suicidal behaviour."

U.K.-based clinical psychologist Hamira Riaz said Prince fans have been going through

very typical phases of mourning on for such as Twitter — individually and as a collective.

"There were elements of denial and shock at the beginning, there are feelings of anger about the year

turning out to be a year where we lost so many people, there's a sense of depression in the way people are remembering," she said. AFP



If you build it, the viewers will come

INTERVIEW

Fixer Upper couple talk about their HGTV success

With all the joking and hamming for the camera that Chip Gaines does on *Fixer Upper*, it's hard to believe that he initially was the shy half of the husband-and-wife duo that's garnered huge fans and ratings for HGTV.

"He was scared of the camera at first where it was a real phobia," said Joanna, who plays the Abbott to Chip's Costello. "He would freeze up and then he would have to exit, and it would just be me."

To say that edge wore off is an understatement — he once got so comfortable that he ate a dead cockroach, just to prove he would. Joanna responded with a mix of shock, humour and disgust, and he drew plenty of laughs, including from viewers.

It's the combination of humour, love and chemistry between Chip and Joanna that have made the Waco, Texas-based home improvement show one of HGTV's most popular shows — its recent season finale was the fifth highest broadcast in the network's history. As the name suggests, *Fixer Upper* has the couple taking a subpar home and remaking it into a dream house thanks to Joanna's designs and Chip's carpentry work.

Even celebrities tune in. "Ryan Reynolds has tweeted out at us a few times and Scott Foley and his beautiful wife watch the show and every now and then live tweet with us so we've become, you know, Twitter friends with these folks. It's really been something else. I mean very surreal," said Chip.

The Gaines' are expanding their business. Besides their real estate and construction business and *Fixer Upper*, there's a home line with paint and rugs, a Magnolia Market store located at silos in Waco, which they recently renovated for retail and a gathering space, plus a bed and breakfast called Magnolia House in McGregor, Texas. A book called *Magnolia Story* is scheduled for release this fall. Other tidbits from the Gaineses:

How their marriage turned into a home renovation partnership
Joanna: When we were dating, Chip was doing the whole real estate (thing).

He was renovating homes and so I would just come along with him and watch what he did. (The) first year of marriage, we just



Fixer Upper hosts Joanna and Chip Gaines are the Abbott and Costello of home renos. CONTRIBUTED

started partnering together, so honestly, we don't know it any other way.

We always have to be kind of together on these projects. I need to get his input, he needs me and I think we figure out a way to balance it all out.

Why are their kids so well behaved

Chip: Lots and lots of editing. They are great kids. We try to watch them really closely because obviously they didn't ask for any of this, they're just kids. Our oldest is 11 and youngest is six and it's been now, almost four years, 3 1/2 years that we've been doing this. ... Once that van rolls in, the kids get geeked out because they know there's all these snacks that these guys basically house in the back of these vans. All four of our kids just run to it like it's Christmas morning.

How long does a home renovation really take?

Joanna: Depends on a house.

Right now we're working on seven homes for Season 4 ... so the smaller homes we'll have done in eight weeks and the larger projects will be 12 weeks. It's definitely expedited, because in our business at home, generally it takes 4-6 months for any larger renovation.

Do clients pay for the furniture?
Joanna: It all depends on the client and their budget. Our show features real clients with real budgets.

The furniture budget is not part of the renovation budget, it's something some clients add at the end.

About half of our clients already have all their own furnishings, some of which I use for the reveal, and others buy the items I decorate the home with.

The main reason I decorate the rooms for the reveal is because I want the clients to get the full picture of how to maximize their newly renovated space.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

The dangers of food tourism

THE SHOW: *Carnival Eats, "We Deep-Fried That"* (FOOD)

THE MOMENT: The deep-fried gummy bear



According to *Carnival Eats* host Noah Cappe, this deep-fried gummy bear tastes like cherry pie. CONTRIBUTED

Host Noah Cappe talks to a woman food vendor at the Ohio State Fair. "How did you ever think of deep-frying gummy bears?" he asks.

"Honestly, I was just trying to think of something that hadn't been done yet," she says.

He expresses fascination with her method, even though every item he tastes in this episode is made the same way: Stick a skewer into something weird. Shove it in the freezer. When it's cold, dredge it in something (for the bears, that's flour, cinnamon and cardamom). Plop it into the deep fryer until the batter bubbles.

Cappe bites into a hot bear. It dissolves into goo. "Mmm, tastes like cherry pie," he says. It looks absolutely revolting.

One slow Friday afternoon, you turn on the TV.

"What harm can it do?" you ask yourself. The station happens to be the Food Network. A vanilla-faced host is wandering State Fairs.

Next thing you know, you're watching someone dredge a slice of watermelon in tempura and tapioca, fry it, and then drizzle strawberry sauce over it.

Food-tourism shows baffle you, because unlike cooking shows, which teach you how to make something, food tourism is about watching someone eat stuff you're never go-

ing to eat. And unfortunately, no matter how many yummy or yucky faces a host makes, you can't tell what fried butter tastes like.

Yet you watch on, powerless to change the channel.

You didn't eat the fried butter, but somehow it's invaded your arteries anyway. When the commercials come on, you wander off in search of ... potato chips.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



TOP 25
CANADIAN
IMMIGRANT
Awards

IT'S TIME TO VOTE!

We received hundreds of inspiring nominations for Canadian immigrants who have made a significant impact since their arrival. Now it's your turn to help choose this year's winners.

Vote Today

canadianimmigrant.ca/rbctop25

Title sponsor:



Presented by:



Media sponsors:



SPRING BUILD

Customize your home

Whether building a home from the ground up or remodelling your existing home, it's a big undertaking.

Having a dedicated, passionate team who is there for you every step of the way makes the process so much easier and enjoyable.

Together Chris Gillis and David Ward along with their team at Premiere Contracting and Remodeling, have many years of experience in the field of custom home building and renovation. And now with the addition of their own custom millwork and cabinetry operation, they can do everything any project could need.

"We are literally a one-stop construction company. We can take care of everything from the foundation through to the most intricate cabinetry and millwork. Our teams in the shop and in the field are all very well rounded and it truly is a team effort on every project".

Imagine custom-built furniture — not limited to factory sizes — in harmony with new or existing cabinetry.

They can build to fit your space with hand-crafted and one of a kind details.

Premiere offers services from foundation to finish in both new home construction and renovation. At Premiere, they put additional

emphasis on the design phase so that it allows clients to feel they are in the space before work even begins. By incorporating a high level of detail in each and every project, it makes the overall construction experience flow seamlessly.

Changing the interior or exterior of your home can give your living space a whole new feel as well as improve the efficiency of your home. Premiere Contracting and Remodeling can help you bring your project to life from concept to completion.

The team a premiere has a strong focus on custom renovation, including additions, kitchen, bathrooms, whole-home, and heritage buildings, along with a growing amount of commercial millwork and office build outs.

"We seem to be tasked quite often with specialized projects, projects that take a little bit more thought and aren't as cut and dry as a lot of general construction," Gillis says. "We are very universal, however most often get called on by clients or design professionals that have a project that requires some added attention to make it a reality. They want additional customized details that perhaps they haven't had access to previously."



CONTRIBUTED

"Each project that we take on is unique, each with its own personality and relationship that comes with it."

They have completed a wide range of projects from very modest upwards to being involved in the construction of multi-million dollar homes and commercial spaces.

"We bring a high-level of quality not only in the work that we do but in the experience we bring to our clients."

"Whether it be a new build or remodel, we

really work hard to establish lasting relationships during the length of the project and afterward through our continued service programs," Gillis says. At Premiere they try to make the experience from start to finish as smooth and stress-free as possible.

"One of our greatest assets along with our level of experience is the level of dedication of everyone involved in the company, we all have unique skill sets that we amalgamate to create a truly comprehensive construction package."



CONTRIBUTED

Premiere takes pride in its work

The team at Premiere Contracting and Remodeling believes that by striving for perfection they are capable of delivering among the highest quality products in the industry. While speed is critical to the schedule and budget, they believe it is also important to dedicate the time and effort necessary to complete each detail properly. As craftsmen, they take pride in knowing they used their skills to create a product greater than their clients expect.

And nothing says pride and confidence in the work like a warranty.

"We offer a fully comprehensive three-year warranty on any work that is under our company banner, whether that's work that

we do with our own hands or the items where we bring in our trusted sub-contractors," says Chris Gillis, Premiere's president.

"We stand by that and we hold ourselves to a very high standard in both the personal experience and construction packages we put together for our clients."

The Premiere team is happy to help you design your space, recommend designers and architects or work with your chosen design professionals together to achieve your dream home or commercial space. No matter the style or size of your home, they want you to enjoy and be excited throughout the process and for years to come.

THE TEAM

Chris Gillis, President - Project Manager/ Business Development

Born and raised in a family of tradesmen and entrepreneurs, Chris worked from the ground up, from foundation to finishing and everything in between. He has led a broad scope of projects ranging from smaller developments to executive commercial projects over \$40 million. Regardless of the scale, he is known throughout the industry for consistently delivering exceptional workmanship, organization, and attention to fine detail within each aspect of the construction process.

David Ward, Vice President - Project Manager/Operations Manager

Hard working, innovative and forward thinking are just a few words that describe David Ward. David is a true craftsman and is a great believer in doing things the right way from beginning. From the smallest detail to the largest decision, David is calculated and efficient. This is evident in his work on site, and while helping clients with their most important decisions, always keeping their best interest in mind.

James Reid, Project Manager

Being a native of Ireland, James (Jimmy)

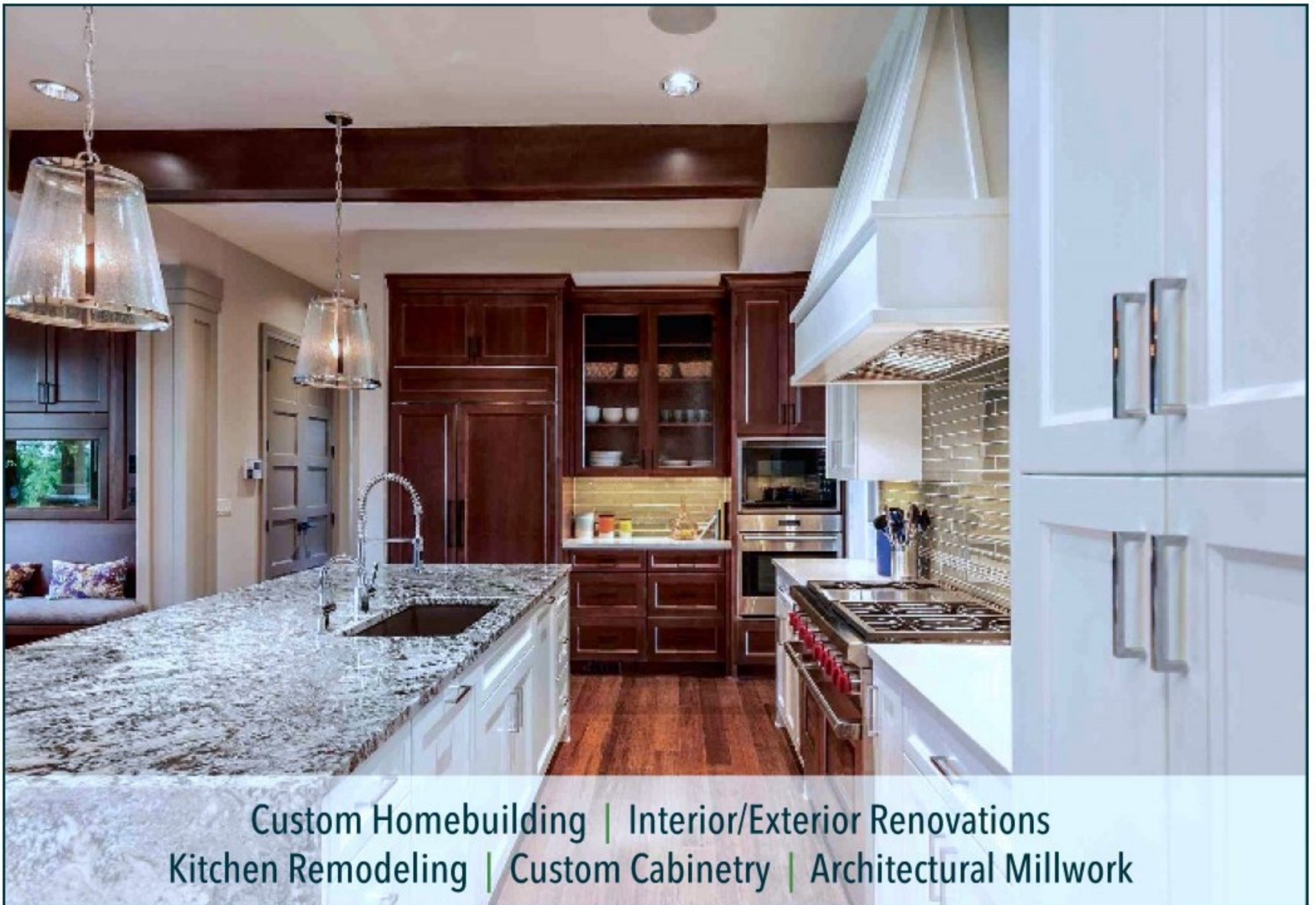
brings over two decades of construction experience to the team. Being well versed in aspects of residential and commercial construction methods and techniques from Canada and abroad, creates a unique platform for Jimmy to draw from. His driven and focused approach to problem solving and creativity is evident in all areas of his work.

Andrew Winters, Operations Manager (Cabinetry and Millwork Division)

Andrew takes a truly hands-on approach to the day-to-day function of Premiere's cabinetry and millwork operation. Having over twenty five years experience in the field of custom cabinetry, furniture and millwork, Andrew is no stranger to the challenges that are presented in construction. Being able to be involved from the very beginning of each project allows Andrew to ensure that each detail is executed perfectly.

Richard Logan, Project Manager

Richard (Rick) brings over forty years of experience to Premiere. Similar to the rest of the team at Premiere, Rick also chooses to take a hands-on approach to how he leads his job sites. Utilizing his extensive experience in all aspects of custom home building and renovation, Rick is able to smoothly guide clients and construction personnel through any size or scope of project.



Custom Homebuilding | Interior/Exterior Renovations
Kitchen Remodeling | Custom Cabinetry | Architectural Millwork

Building Peace of Mind



The team at Premiere shares a belief that by striving for perfection, we are each capable of contributing to what we feel is among the highest quality construction and client service in the industry.

While speed is critical to both the schedule and budget, we believe it is important to dedicate the time and effort necessary to complete each detail property.

As craftsmen, we take pride in knowing we have used our skills and knowledge to create a project and experience greater than our clients expectations.

info@premierereno.com

www.premierereno.com

(902) 478-0657

Make every home detail just right

After serving 28 years in the Canadian Armed Forces, Chris Marchand's grandfather Ray started Ramar Construction. Ray's commitment to exceptional quality and value combined with unparalleled customer service continues today. The company Ray started has become the premier builder of single family homes in Atlantic Canada.

"Pride in our family name is what we put in our product," Marchand says.

Choosing a new home is a very important decision and that's why the team at Ramar Construction is passionate about making every detail of your new home just right. Ramar Construction will ensure your new home enhances your quality of life and provides you with years of worry-free living in surroundings tailored to your lifestyle.

Service, exceptional value and quality work are the heritage and backbone of Ramar Construction. This is what Ramar customers expect and deserve. Every new home,



CONTRIBUTED

renovation project, or new home site is very important to the team at Ramar Construction and each project is built as if it is their own homes.

Every customer and project requires the same level of commitment. The fundamentals that earned Ramar Construction the privilege of serving past clients are maintained with each new customer.

"We strive for excellent customer service," Marchand says. "It's not something that is built into a house but it's our motto we follow and we deliver that with all of our products."

Now that heating season is over, time for a tune-up

As we move out of another winter and heating season, it's the perfect time for a preventative maintenance tune-up on your heating system.

After a long winter, your heating appliance may have ash and particles in the heat exchanger from the combustion process. It's important to have this cleaned before summer's humidity kicks in; the humidity can mix with the dust to cause internal corrosion, which can shorten the life of your furnace.

During your tune-up, the technician checks the condition of your fuel tank and lines, safety and operating controls, cleans your heat exchanger, replaces nozzles and fuel filter, and takes the time to adjust the burner with a combustion analysis kit.

These are all necessary steps to ensure your heating system operates at peak efficiency, reliability, and safety.

Keep in mind, the Canadian Standards Association code requires your heating system to be maintained on an annual basis, and many insurance companies re-



CONTRIBUTED

quire detailed service records to be kept.

Remember to book your cleaning annually to keep your heating system efficient, reliable, and safe.

This can only save you money now, and in the future.



- A premiere home builder
- Many lifestyle communities and attractive homes to choose from
- Custom home plan designs
- Turn-key home packages available

RAMAR



Exceptional Homes

(902) 865-1607 • www.ramar.ca



It's Wilsons Home Heating's Spring Thaw Event and we're melting our prices away on all of our equipment.

With the heating season coming to an end, what better time to install a new heating system, and get up to \$1500.00 cash back! Not only will you save now, but you'll save from higher efficiencies on your new system for years to come.

All of our products are on sale, so why wouldn't you buy now?

wilsonshh.ca



Hurry, as this offer will only be for available until May 30th – so don't wait.

High quality kitchens at fair prices

At Cabinetworks the aim has always been — and will always be — to provide high-quality kitchens at reasonable prices.

"That philosophy has stood us in good stead for over 30 years," says president Glen MacDonald.

First impression, appearance and wow factor of cabinetry is very important. But the quality of a Cabinetworks kitchen runs much deeper than appearances. Functionality of design is what makes a lasting impression on their customers, MacDonald says.

"The inside of our cabinets are all business — from the mortise and tenon construction to the lifetime guarantee hinges," he says.

A common concern for home owners is how to start the process of designing a kitchen. MacDonald says it's a good idea to start with flipping through magazines or scrolling through web sites to get an idea which styles and colours appeal to you.

Then it's simply a matter of calling or



CONTRIBUTED

dropping by the showroom at 75 Akerley Blvd. in Dartmouth to arrange for an experienced Cabinetworks specialist to pay you a complimentary visit to measure your space and exchange ideas.

"From there our talented designers Nina and Mike work their magic on a layout designed especially for your needs," MacDonald says.

Let Cabinetworks do the heavy lifting. Call 902-468-8118 for a free consultation. Considering refacing? Cabinetworks can help with that too. A well designed kitchen is like a well made tool: a pleasure to use, time after time.



A well designed kitchen is like a well made tool — a pleasure to use time after time.



902.468.8118 | CABINETWORKS.CA | 75 AKERLEY BLVD, DARTMOUTH

ENCOM FOR YOUR ENERGY SOLUTIONS

EnCom Alternative Energy Solutions is a full service energy solutions company (heating and power) that supplies and installs backup power, green power and energy reduction solutions to residential and commercial clients around the region.

The core focus of EnCom is shared between the design, supply and installation of solar electric (PV) and solar hot water systems (integrated with on demand hydronic heating systems) to residential and commercial clients; the installation of hyper-efficient mini-split heat pumps; and the supply, service and installation of Generac™ automatic standby generators to residential and commercial clients.

EnCom has completed hundreds of residential and dozens of commercial solar hot water installations in the last decade. EnCom installs the top rated evacuated tube collector system, which currently has the highest thermal output rating per surface area as per NRCan's certified solar hot water systems table.

With good solar hot water incentives and some limited incentives for solar electric



CONTRIBUTED

systems in NS, EnCom continue to advocate for, promote, supply and install these technologies to clients seeking to minimize fossil fuel derived energy costs.

For electric-based heating clients, EnCom installs high-efficiency mini split heat pump systems, which slash operating costs over traditional electricity-based systems.

As a Generac dealer since 2004, EnCom has installed nearly 1,000 backup generators provincially. In addition to offering full turn-key packages, EnCom offers an annual maintenance program to all generator clients.

Heating & Power Systems

LG Mini-Split Heat Pumps

The CHEAPEST way to heat, cool & dehumidify electrically!!

Highest SEER • Best Power factor • No ductwork!

Solar Hot Water Systems

Integrated with On Demand Systems for Maximum year-round Savings!!

Assembled in N.S. • Shortest Payback • CSA Approved

Low Interest Financing OR \$1000 Cash Incentive

**Applies to Solar Thermal Systems only*

No Power? No Worry!

24/7 Power Protection

- Automatic Standby & Portable
- Commercial & Residential
- Renewable Energy Integration
- Annual Maintenance Program
- Propane & Natural Gas
- Referral Incentives



FREE LOCAL SITE ASSESSMENTS AVAILABLE

Phone 902-860-0081

311-01 Rocky Lake Dr, Bedford, Nova Scotia B4A 2T3

EnCom
Alternative Energy Solutions

sales@encomgroup.com • www.encomgroup.com



The Pensive Blizzard
\$14,000,000

Creativity is subjective. **The truth isn't.**

Truth in Advertising Matters.



Advertising Standards Canada
adstandards.com/psa



SHUTTERSTOCK

UNDERSTANDING & APPRECIATING UNIONS

Echoes of the Cape Breton labour wars are still felt in this province.

A century ago there was plenty of labour unrest in Nova Scotia, but it really started to heat up in the 1920s when troops were sent to the island to put down a major worker insurrection. Miners rebelled against horrible working conditions and low pay.

Judy Haiven, a professor at the Sobey School of Business, says there were three major strikes against British Empire Steel, which owned the coal mines.

"There were so many days lost from

strikes ... but the company still refused to recognize the union," Haiven says. "The company cut the pay by a third (in 1922)."

Then in 1925 coal miner William Davis was killed by company police, an event so profound it is still commemorated every year on June 11. Not long after, the company fell apart and went out of business.

"It took at least a decade more, until 1937, for the government of Nova Scotia to pass something called the Trade Union Act," Haiven says.

Even though it is long over, the intense

labour strife of the '20s still resonates in Cape Breton.

"I think in Cape Breton there is some knowledge and nod of the hat to the fact they had a very rough past and there is a much more pro-union attitude among people who reside in Cape Breton or who are from Cape Breton," Haiven says. "I also see today some places are unionized in Cape Breton, which are not unionized on the main land."

Cedric Dawkins, professor in the Rowe School of Business, says many unions face a number of challenges in the modern era.

Even if workers are in international unions, wage packages differ from one region to another.

"In addition to that, labour law and legislation hasn't improved a lot," he says. "Plus millennials and cyber services such as Uber make it more difficult to get members in what labour unions would consider the traditional way."

Haiven says she's concerned about the future of unions, but added it's positive that there seems to be a trend of more professionals looking to unions for job security.



‘THE POWER OF KNOWLEDGE’

By far the most press coverage unions receive is around bargaining. And while negotiating strong collective agreements for the 30,000 members of the Nova Scotia Government and General Employees Union (NSGEU) is very important, it isn't the only significant work the union does for its members and Nova Scotians.

"Our union believes in the power of knowledge," says Jason MacLean, acting president. "That's why we offer educational opportunities for our members to learn more about how their union functions, as well as scholarships and bursaries for members and their dependents to pursue external educational opportunities."

The NSGEU also has a full-time occupational health and safety officer who assists members by providing expertise and insight, and helping to ensure safe working conditions are made a priority in workplaces.

"We developed our own Bully-Free Workplaces program," MacLean says. "Since its launch in 2010, the program has been delivered to more than 16,000 people — to employers, employees and community groups — and we have received a commendation from the Mental Health Commission of Canada for this important work."

The NSGEU is also strongly committed to the communities where members live and work. In 2010-2015 the NSGEU gave more than \$388,000 in donations to disaster relief efforts and local charities such as Feed Nova Scotia, Christmas Daddies, the AIDS Coalition of Nova Scotia, and Kids Help Phone.

"The NSGEU is proud to represent more than 30,000 women and men, who help provide quality public services Nova Scotians count on every day," MacLean says.

Advocating for teachers

Teachers in Nova Scotia have a lot of challenges to work through — it's a good thing the Nova Scotia Teachers Union is in their corner.

Teachers continue to struggle with workload issues, large class sizes in the upper grades, class composition concerns, paperwork, lack of resources and compassion fatigue.

"The NSTU serves as the primary advocate for its members," says NSTU president Shelley Morse. "The NSTU is committed to leadership in educational change by maintaining and promoting excellence in teaching, encouraging life-long learning, and influencing educational trends. However, educational change must reflect sound pedagogical practices."

The NSTU represents 10,400 members in the public school and community college system. Members include teachers, vice principals, principals, school board administration, staff, school psychologists, speech language pathologists, guidance counsellors and other teaching specialists. They also represent faculty and professional support staff of the Nova Scotia Community College and Atlantic Provinces Special Education Authority teachers.



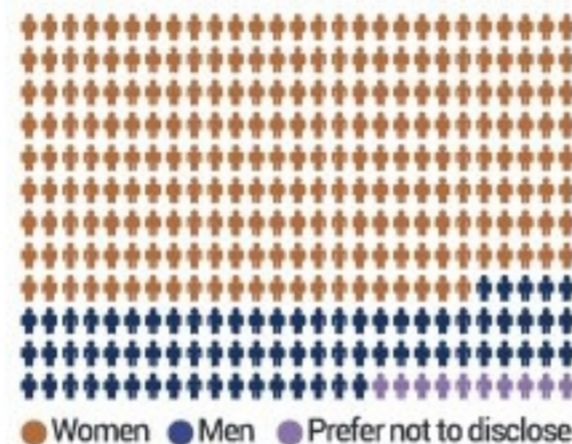
"The NSTU and our members recognize that student engagement and success is grounded within the context of welcoming environments that respond to the cultural and socio-economic reality of students and their families," Morse says.

"We always welcome the opportunity to collaborate in fine-tuning mechanisms available to schools in fostering a respectful learning and teaching environment."

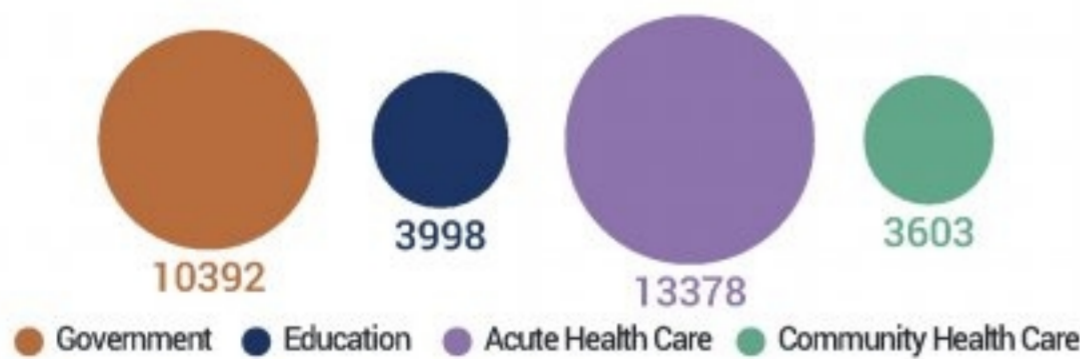
The NSTU stresses the significance of teacher voice within the current practice and policy in public education.

NSGEU

The largest public sector union in Nova Scotia, we represent 31,379 working women and men:



They work in four main sectors: Government, Education, Acute Health Care & Community Health Care



Our members live & work in communities throughout the province: HRM, Cumberland Colchester, Cape Breton, Pictou, Antigonish, Guysborough, the Valley and South Shore:



As the unified voice for the advocacy and support of all its members, the NSTU promotes and advances the teaching profession and quality public education.



Constructing Nova Scotia the Build Right way

Allan Stapleton, president of the Nova Scotia Construction Labour Relations Association (NSCLRA) and director of Build Right Nova Scotia, is always eager to discuss the unique initiative lead by the NSCLRA and the Mainland Nova Scotia Building Trades Council.

"Build Right Nova Scotia is a partnership between professional unionized tradespeople and the contractors who employ them," Stapleton says. "It's an assurance by these professionals to provide and maintain the highest level of safety, training and quality in Nova Scotia's industrial and commercial construction industry. It's a promise to build it right."

Build Right Nova Scotia first came into existence in early 2014, but Brad Smith, executive director of the Mainland Nova Scotia Building Trades Council and also a director of Build Right Nova Scotia, says this partnership of the organized construction sector has long been in existence.

"These are the people who have been building our office buildings, schools, hospitals, libraries, apartments, etc. for many years," Smith says. "We created

Build Right Nova Scotia as a way to recognize and promote the exceptional work of both contractors and trades professionals in the unionized construction industry."

Build Right Nova Scotia members invest more than \$7 million in skills development and training annually, along with paying nationally competitive wages and benefits.

Build Right Nova Scotia members also take time to give back to the community. In 2015 they donated more than \$150,000 to the transformation of the IWK Health Centre's neonatal intensive care unit. They also built a brand new state-of-the-art greenhouse for Hope Blooms, a North End Halifax youth-run social enterprise, free of charge.

Community is very important, adds Stapleton. "Our contractors and trades professionals construct the buildings we send our kids to, that we go to work in, where we enjoy our lives," Stapleton says.

"These buildings are the backbone of Nova Scotia's economy so they need to last. We are working together to construct this province right, one building at a time."



CONTRIBUTED

You may not know
Build Right Nova Scotia
 But we are a part of your
 life **every day.**

**BUILD
RIGHT**
NOVA SCOTIA

BUILD BETTER. LIVE BETTER.

BuildRightNS.ca

We're professional unionized contractors and tradespeople.
 We construct schools, hospitals, libraries, offices and apartments
 across the province, making sure they are strong and safe.

Together, we're building Nova Scotia better.

@buildrightns

Build Right Nova Scotia

info@buildrightns.ca

FROM TRAMS AND TROLLEYS TO FERRIES

It was on a summer's night back in 1908 that five tramway workers along with a longshoreman sat down at the Sons of Temperance Hall on Cornwallis Street and discussed joining a union. On July 8, Local 508 of the Amalgamated Association of Street, Electric, Railway and Motor Coach Employees of America was sanctioned, with the endorsement of the International Office located in Washington. And they've been safely moving the residents of this city for 108 years, enduring many changes over these years, as you can imagine.

We started out with tram cars, moved to trolleys, and then came a variety of styles and fuel excepting vehicles including diesel, propane and bio diesel. In 1970 Dartmouth Light and Power operators were transferred to the Halifax Transit Corporation, and then in 1979 an amalgamation saw the Dartmouth Transit employees become Halifax Transit Corporation employees. In 1981 the Burnside garage became home to all operations and maintenance. Our full membership was, for the first time in 80 years, all working under one roof.



CONTRIBUTED

Our union family grew in 1996 after the ferries joined what is now known as ATU 508. In 1994 Gloria McCuskey (then mayor of Dartmouth) sold the ferries to Metropolitan Authority for \$1 and through a labour board ruling the unionized employees became ATU 508.

When our cities were hit with an amalgamation in 1996, Metropolitan Authority was disbanded and Metro Transit now fell under Transportation and Public Works. In October we were successful in having the Access-A-Bus employees along with Community Transit join Metro Transit. This was great news to the union, as working in a closed shop assured that these new employees would be joining the ATU 508 family.

History is instrumental to us all. As we look back in the archives of our local and see the struggles and successes that our local had over the years we feel an overwhelming sense of pride. Knowing our brothers elected to forfeit their wages to keep transit running was a humbling discovery and made us long for the days when employees were more than just a number.



CONTRIBUTED

A RENEWED FOCUS ON PUBLIC SERVICE

A Moving Forward plan has recently been rolled out by Halifax Transit. We see many flaws in this and have tried to voice those concerns with council and our citizens. The focus of transit being a public service seems to be getting lost. We want more people to use our transit system and not turn away those who have been devoted passengers.

Our hope is to work with Halifax Transit and our Regional council to build a made-in-Halifax transit system. We need a system that works for all taxpayers, and not just worry about the urban core. There needs to be more thought around running a not-for-profit transit versus cutting services because only a "few" people are using it. This is a goal that we will be focusing on in the upcoming days.

This can't be done alone: help us fight for your transit system and all our futures.

Keeping the city moving smoothly

Today local has 858 active members along with 81 retirees. We are part of an international union that has almost 200,000 members. Our union is known as the "union that gets things done" and was given the Progressive Honour Roll of 2012 for the Most Valuable National Union from The National (USA).

Our collective agreement is divided into three divisions: Equipment (maintenance), Operations (conventional, Access-A-Bus, and ferry), and Receiver's Office (coin processing).

President Business Agent Ken Wilson says, "we are the economic engine that moves our city smoothly. Using public transit gives one the opportunity to read your newspaper, check your emails, update your status, read a book, or simply daydream while travelling to your destination."

By shadowing our international office, we at Local 508 work hard for our members. We proudly provide scholarships, bursaries, training, funeral benefits, a quarterly "In Transit" magazine, educational seminars, as well as health and safety training. We take pride in being affiliated with a number of labour organizations both locally and internationally.

We feel that fighting for our membership's future is our most important assignment. We are seeing constant attacks on unions and their members, especially when it comes to having the theory of, "if I don't have it, you shouldn't either."



CONTRIBUTED

Our theory is "if you don't have it, we will help you fight to get it."

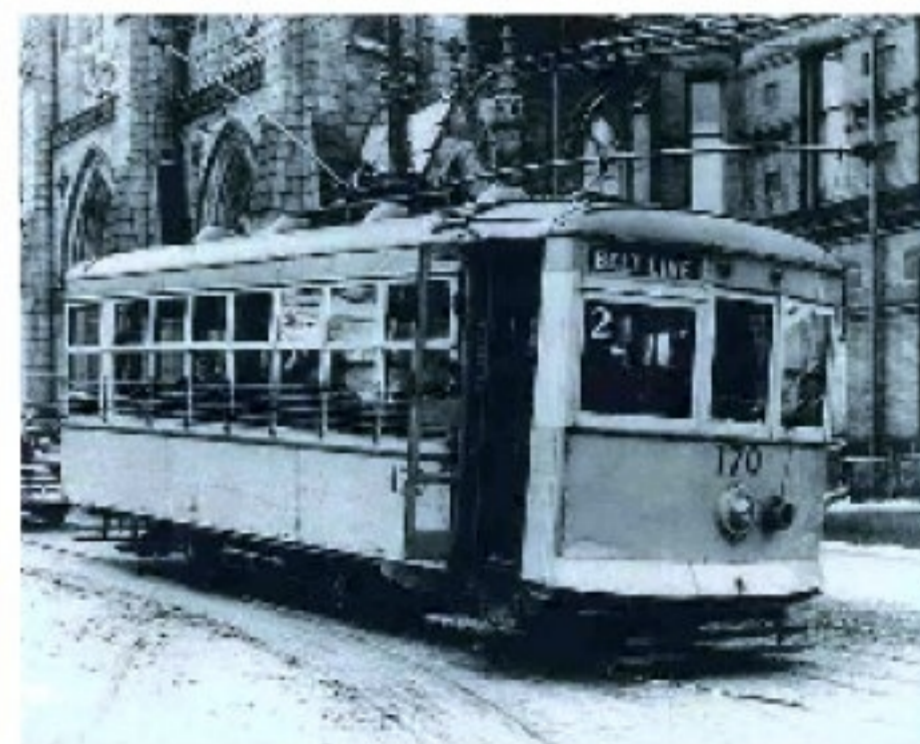
Our hope is that our members through their pension (which is a 50/50 cost share)

get to enjoy their golden years in comfort and not struggling to pay rent or buy groceries. We must stand up and collectively stop the attacks on pensions.

Amalgamated Transit Union Local 508

Serving
Halifax Regional Municipality

Moving HRM's Precious Cargo for Over 100 Years!



ATU508.ca • 902-455-2040

@atu508

A friendly union for commercial workers

The United Food and Commercial Workers Union Canada (UFCW) believes strongly in the education of its members.

There are 2,400 members in Nova Scotia who work in various sectors such as retail, food manufacturing, hospitality, fishing, warehousing/transportation, textiles, food service, and other food-related facilities.

The UFCW Canada supports its members in a number of ways including education. UFCW Canada has North America's leading online labour education program called webCampus. It's a free program to all UFCW Canada members and their families with more than 180 English and French courses — and it's growing. There are more than 10,000 active participants in webCampus each year.

UFCW Canada has become Canada's leading private-sector union with more than 250,000 members across the country and reflects the wonderful diversity that is Canada. More than half of UFCW Canada members are women. UFCW Canada is also Canada's

youthful union as 40 per cent of UFCW Canada members are under 30.

Atlantic Canadians look out for each other and believe the company will look out for them as well, but sadly that is not the case. UFCW Canada and other unions exist to allow workers the ability, the legal options and the right to stand up to employers without fear of retaliation or threats.

Unions exist to help workers. Unions level the workplace to allow members to have a say in their job and future.

The labour laws are designed as a minimum, like the Minimum Wage Act. The facts are clear: you cannot grow a family and improve your life on minimum wage. We all want to earn more and that is why belonging to a union is so great: you get paid more. Union members receive greater access to paid vacation, bereavement leave with pay, paid holidays, sick days, group benefits, pension and many other items that are of value to you and your family. You also get to bargain



ISTOCK

for improvements to each one of these and many others every time the union contract is up for negotiations.

Even the government of Canada believes

that workers need a union in dealing with a company because union dues are tax deductible. If you want a friendly union, visit epcufcw.ca.



"We're Better Together"

Proudly serving
the members of the
UFCW Canada
Local 864, Local 1252
and Local 1288P

www.epcufcw.ca

UFCW Canada - Eastern Provinces Council
Suite 220 - 1550 Bedford Hwy, Bedford
902-832-1935 • ufcw@eastlink.ca

'We remember' and redouble our efforts



DIANNE FRITTENBURG
President,
CUPE Nova Scotia

As we mark another day of mourning, I reflect on what has been said in the past and I struggle to find new words to mark this solemn occasion. What can I say that has not already been said? There are no words that can make the loss of life any easier nor should there be. Good women and men continue to have their lives lost as they seek to earn a living.

I could say "I'm sorry" — I am sorry to all the children who have been robbed of their parents' love and guidance. I'm sorry to all the parents that will never see the smiling faces of their children again. I'm sorry to all the husbands, wives, and partners who

lent their loved one to the workplace never to return. I am sorry, as we all should be, as we have all failed these people. We failed to protect their lives and they paid the ultimate price for our failure.

I considered delivering a message of hope, to boldly state "Never again." Never again will we permit another worker to lose their life in the pursuit of earning a living. Never again will we allow the blind pursuit of profit and balanced budgets to cost a person their life.

I also considered saying their deaths won't be in vain, that we have learned our lessons and will change our ways but the sad truth is, one year ago many people made such bold statements yet here we are again having lost almost another thousand workers in our country.

The message I decided on was: "We remember." We remember our coworkers, our friends and our family members who are gone too soon. We remember the families that can never again be whole. We remember



ISTOCK

the people who let it happen, the employers who put profits and budgets ahead of people and families.

We remember the blind eye we turned to unsafe working conditions because things had always worked out fine before.

We remember because we must, lest their deaths be in vain. We remember because, but for luck, it could have been our loved ones mourning a loss.

We remember. And then we redouble our efforts.

P3s: Pay more, get less

Nova Scotians know all too well that so-called Public-Private Partnerships (P3s) are a really bad deal for taxpayers. We end up paying more... while getting less. And yet the McNeil government is seriously considering more of them for our province.

P3 hospital to replace QEII?

Recently, Health Minister Leo Glavine told a radio show that the province is considering the P3 model to replace the aging QEII hospital complex in Halifax. He might want to take a closer look at the multi-million-dollar corruption scandal currently surrounding Montreal's new 'super hospital' — also a P3. He should also review the policy change from the Trudeau government which says provinces are no longer required to follow Stephen Harper's old dictate that infrastructure projects looking for federal funding must consider the P3 option.

P3 toll highways

A report prepared for the Premier by one of his own deputy ministers warned against the dramatically higher costs P3s create for taxpayers. It cited the Cobequid Pass toll highway as one example of this. The report by Peter Vaughan estimates that more than \$300 million in tolls were produced by this stretch of highway, for a deal that saw private financiers put up just \$66 million. That's a return on investment of more than 350%!

And yet, in June of this year DTIR Minister Geoff MacLellan put forward a proposal for eight new toll highways across the province.

P3 schools

As each of the contracts for 39 P3 schools signed 20 years ago begin to expire next year, the province must decide whether to renew the lease, end the contract or buy the school.

Exactly how bad these deals have been for NS taxpayers, has been well documented by our own Auditor General and others. Recently, in fact, we learned that the 20-year P3 leases have already cost taxpayers \$726 million — and some of those leases don't expire until 2018!

The Liberal government now has a chance to right a historical wrong by picking up the \$230 million worth of options on the schools and bringing them back into public hands — where they belong.

How is this fiscal restraint?

The premier is preaching fiscal restraint. We keep getting told there's no money for important services, there's no money for wage increases and that we have to balance the budget.

The finance minister has asked public sector unions to help him 'identify savings.' A great place to start would be by putting an end to costly and secretive P3 contracts that end up turning hard-earned taxpayers' money into huge corporate profits.



A message from CUPE Nova Scotia, representing more than 19,000 working women and men across the province



High worker morale important to IBEW

Electricians represented by the International Brotherhood of Electrical Workers (IBEW) Local 625 are professional workers earning industry leading wages and benefits. They have security for their physical and financial well-being now, and into the future.

Fair wages, fair representation and solid benefits translate into an all-around better work environment for employees, and fewer problems with poor productivity and absenteeism for employers. Higher worker morale is a valuable component which often plays a large role in determining the measure of profitability for the project.

In confidential meetings several members of IBEW Local 625 were asked what they thought separated union electricians from non-union electricians. They said they have a higher standard of safe practices on the job site, a one-to-one ratio of journeyman to apprentice, on-going training available to every member, and superior benefits for them and their loved ones.

There is also a strong work ethic and sense of loyalty among IBEW electricians. They are loyal to the job they've set out to accomplish, the union and to each other. Working with electricity can be an unforgiving business, so trust in the employer, and camaraderie within the team are essential on the job.

IBEW members obey strict safety protocols consistently and without exception. This standard of behaviour results in lower accident rates among union contractors and subsequently fewer lost-time accidents.

All these factors translate into a workforce which ensures the contract is completed on time, on budget and built right the first time.

IBEW members work all over Nova Scotia,



CONTRIBUTED

Prince Edward Island and have the option of travelling to other IBEW jurisdictions throughout Canada. This varied experience enables them to develop and hone skills not always available to electricians who must work in only one geographic area and in one type of work.

"You will find IBEW Local 625 members on projects from offshore Nova Scotia to local development as well as sites throughout Canada," says Tim Swinamer, business manager. "Our members experience a full scope of trade and beyond in the construction electrician field."

Right now IBEW electricians are working at electrical generating stations, car plants, paper mills, refineries, oil and gas offshore facilities, as well as larger institutional projects such as hospitals, high-rise commercial and residential structures, universities and research facilities.

IBEW BENEFITS

- IBEW members enjoy one of the finest group health and welfare plans in the industry which follows them from employer to employer.
- The IBEW is politically active through political action committees, law amendment committees, legislative reviews, lobby bodies, labour councils and others.
- IBEW members are productive, safe, flexible, and share a camaraderie which creates business efficiency.
- IBEW has ongoing relationships with many large-scale clients.
- IBEW appoints a steward on each job site to handle dispute resolution so workers can get back to work while the issue is being handled.
- The reason IBEW members earn 50 per cent more than non-union electricians is because they have professional representation.
- With fair wages and fair hours in safe working conditions, members can concentrate on the job they are trained to do.

Training essential for Local 625

The International Brotherhood of Electrical Workers (IBEW) Local 625 received its charter on July 24, 1908, starting out with 19 young men. What they began has now become a sophisticated local with 1,100 men and women with a variety of ethnic backgrounds.

"Training has always been important to Local 625, so much so that plans are well underway to open a school to deliver the entire apprenticeship program to tomorrow's construction electricians," says Tim Swinamer, business manager.

The IBEW maintains the Joint Apprenticeship Training Committee (JATC) which employs a full-time director responsible for setting up courses, materials and curriculum for the training apprentices. The



CONTRIBUTED

courses JATC offers are over and above the programs delivered by the province in the community college system.

Regular upgrading makes for a more well-rounded electrician as they work toward becoming a journeyman. Not only do JATC courses provide contractors with the best apprentices, it registers apprentices to the IBEW, eliminating that responsibility for the contractor.

Journeypeople also regularly upgrade

with JATC courses like fire alarm, motor controls, high voltage terminations, etc.

The IBEW also has some of the best supervisory personnel in the industry. They are well accustomed to supervising larger projects than their non-union counterparts.

This provides a greater level of experience and confidence, assuring the contractor a true professional is working towards satisfying the client with a quality job, completed on time.

Built Right The First Time



**On-Going Training
Quality Workmanship**



**INTERNATIONAL
BROTHERHOOD ELECTRICAL WORKERS**

ENERGIZE 625 .CA

Member marks 40 years of service

John York, pictured right, received his 40-year membership award on April 1, presented by secretary-treasurer Stephen Conrad.

The International Union of Bricklayers Local 1 Nova Scotia recently celebrated its 128 anniversary on January 16. Through many years of hard work and dedication, Local 1 has successfully achieved many goals. A few of the accomplishments and benefits they are proud to offer include a competitive wage package, a group RRSP, pension and an extensive health and welfare package.

In recognition of his hard work and dedication, Local 1 was pleased to present John with a commemorative gold watch with his 40-year service award. John has been a valuable asset to Local 1 Nova Scotia.

Local 1 is always looking to expand the membership through programs such as Apprenticeship. Apprentices are the future of BAC Local 1 and of this province. As an aging workforce, new apprentices are



CONTRIBUTED

needed in the industry in order to replace the growing number of retirees.

If interested in learning more about bricklaying/masonry and becoming a member of the International Union of Bricklayers and Allied Craftworkers Local 1, there will be a 20 to 30 week program starting in December. If you are interested or know someone who is, contact their office by email at baclocal1@ns.aliantzinc.ca.

Help carry the torch by becoming a member.

Day of Action unites community

The International Union of Painters and Allied Trades (IUPAT) recently painted towns red, green, blue and black across Canada and the U.S.

It was the Community Day of Action on April 16, where professional painters worked on projects in many communities.

The IUPAT has a long tradition of community service. The goal of the Community Day of Action was to come together as one union, on one day, to make a difference in the many communities in which IUPAT members live and work.

The result was a great success as thousands of volunteers renovated shelters, community centers, youth athletic fields, and low-income housing while spearheading food drives across North America. IUPAT groups also held educational forums on immigration, and workers' rights on the job regarding wages and benefits.

Union members are more than advocates for fair wages, rights and benefits on the job. They are neighbours who have a long tradition of building up their communities. The IUPAT Community Day of Action is just one example of how organized labour is a positive force for working families — both union and non-union.

With hundreds of buckets of paint now

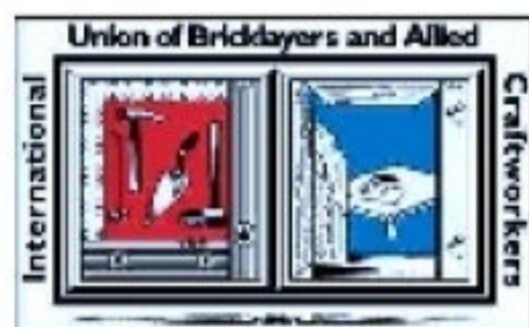


CONTRIBUTED

empty, an abundance of windows replaced and repaired, dozens of neighbourhoods and fields free of trash, IUPAT members proved that powerful and lasting changes can be made in just one day when different groups work together.

IUPAT in Nova Scotia is represented by Local 1439, with offices located at 24 Lakeside Park Dr., suite 201 in Halifax.

Visit IUPAT.org for local stories and pictures from the IUPAT Community Day of Action.



**BRICKLAYERS
AND ALLIED
CRAFTWORKERS
LOCAL 1
NOVA SCOTIA**

www.baclocal1ns.ca



Local 1 NS hosted a training session for members in January 2013 featuring keynote speaker, construction labour-management expert Mark Breslin, who discussed new methods of recruiting and organizing in the unionized construction trades.

**Excellence on Display
Everyday**



Representing
Finishing Trade
Workers in
Atlantic Canada

**District Council 39 Atlantic Canada
Local Unions 1439 & 1945**

Safety is no. 1 for operations union

If you see a crane in the Halifax skyline, there's more than a good chance it's being operated by a well-trained unionized professional.

Joey MacLellan, business manager with Canadian Operating Engineers Local 721, says they train about 95 per cent of the crane operators in the province and represent around that number, too.

"Most of the cranes you're going to see around are operated by unionized employees," MacLellan says. "Everyone who becomes a union member and goes to work in that industry has to take that training. It's a requirement: we don't take in anybody or don't put anyone out as an apprentice unless they've received the training at our training school."

The Operating Engineers Training Institute of Nova Scotia is registered as a private career college with the province and open to everyone for training.

There are courses on earth-moving which gives students the basics of operating equipment like bulldozers, excavators, rock trucks,

N.S. STANDARDS

The national Canadian Operating Engineers Joint Apprenticeship and Training Council, in affiliation with the Construction Sector Council, established standards for 27 pieces of equipment, and is one step closer to getting an inter-provincial standard for sectors of the heavy equipment industry.

rollers, etc. They also teach driver training for operating vehicles like dump trucks.

Between 80-160 people take training there each year.

"We stress safety and safety is our biggest thing," MacLellan says. "When you're running heavy equipment you're normally working in close proximity to other trades and other people. A mistake made on a piece of heavy equipment can lead to serious injury or death



ISTOCK

so it's very important to have the proper training."

Local 721 started in 1953 and the workers at National Gypsum in Milford Station were some of the first to join.

"We represent heavy equipment operators in the province of Nova Scotia which includes cranes and earth-moving equipment, as well as stationary engineers which are boiler oper-

ators," he says.

Local 721 also represents other workers in other industries: they have 800 members in heavy equipment operators and stationary engineers and about 1,000 in positions like custodial staff, nursing home staff, etc.

"We look after all of their bargaining and we take on all the grievances and arbitrations if it gets that far," MacLellan says.



Training For The Future

Welcome to the Operating Engineers Training Institute of Nova Scotia where safety comes first in our training programs. Our mandate is to provide skilled, safety conscious, productive operators to support the construction mining, oil and gas industry.

Our training school has a signed agreement with local contractors to accept apprentices from those who successfully complete our training. Our training school is also recognized throughout all of North America.

Main Office: Local 721 and 721B
251 Brownlow Avenue • Dartmouth, NS • B3B 2A9
Phone: 902-865-8844 • trainingforthefuture.ca

Playing an integral role in our day-to-day lives

From the bridges to buildings, ironworkers play an integral role in building and maintaining infrastructure that supports our day-to-day lives.

The International Association of Bridge, Structural, Ornamental and Reinforcing Iron Workers was established in 1896 to train and protect those who undertook the challenging work of building with structural steel. Today they are represented with locals across the United States and Canada.

In Nova Scotia, the Ironworkers Local 752 started around the same time as the MacDonald Bridge, and they were recognized for their work with a statue in Dartmouth.

In addition to physical strength and the courage to work at great heights or in adverse conditions, ironwork requires specialized skills depending on the job.

When construction begins, structural ironworkers assemble tower cranes or position and secure girders in the erection of steel structures. Reinforcing ironworkers

are responsible for creating the steel bar skeletons over which concrete is poured for building foundations, overpasses and bridges. Ornamental ironworkers are brought in when structures are complete to add the finishing touches that make buildings safe, usable and attractive like steel staircases, railings or other architectural details. Fabricating ironworkers work in a shop environment to build various types of custom metal components that are then transported to construction sites for installation.

"The work is hard but very rewarding when you can step back and say 'look what I helped build,'" says John Wilson, business manager of Local 752.

"For those that enjoy travelling, a career as an ironworker can take you to places that you never imagined you could go," he adds.

Ironworkers are essential to all large building projects. Members of Local 752 work on some of the province's largest projects like the Big Lift on the Macdonald



CONTRIBUTED

Bridge, the \$500-million Nova Centre, the \$300-million modernization of the Halifax Irving Shipyard, as well as the construction of hospitals, schools and industrial facilities.

American Bridge is the main contractor on the Big Lift and has been hiring iron-

workers from the international organization for over 100 years. In particular, Local 752 has had a long and special relationship with the bridges of Halifax and essential to their construction and maintenance over the years. For more information on Local 752, visit ironworkerslocal752.com.



Better People. Better Built.

Ironworkers Local 752

Committed to building your world better.

24 Lakeside Park Drive, Lakeside, Nova Scotia B3T 1L1 | 902.450.5615 | ironworkerslocal752.com

Keeping Canadians safe — every day

The Public Service Alliance of Canada (PSAC) works hard every day to keep Canadians safe.

As Canadians when we go to work every day, ride the train, fly in a plane, cross the border or enjoy our natural environment, how do we know we are safe and secure? Because behind the scenes public service workers across this country — like airline and train safety inspectors, accident inspectors, counter-terrorism specialists, flood forecasters and many others — make sure of it. These workers — members of the PSAC — have one important thing on their mind every day: the safety and security of all Canadians.

It goes beyond reach: Public sector workers also ensure that the food we eat is safe. They even ensure that when we pay gas at the pump that we get our money's worth and aren't cheated.

PSAC continues to grow and evolve, expanding its membership to include, among others, workers in post-secondary institu-

PSAC: FROM COAST TO COAST

PSAC is one of Canada's largest unions with members from coast to coast to coast, in every province and territory. It even has an international face with members working abroad in embassies and consulates. The Atlantic Region represents almost 18,000 members organized in 209 locals.

tions, territorial governments and northern municipalities and hospitals, women's shelters, among others.

PSAC is encouraged by recent efforts by the new federal government and believes it has listened to Canadians, but there is more work to do.

Federal public service workers want to



CONTRIBUTED

deliver on the positive change set out in the federal budget, but it has to be tooled up fast to deliver. This requires departments have the staffing resources they need to adequately serve Canadians and this is what PSAC is going to be watching for.

For the federal budget to work as a whole, there needs to be an explicit commitment to

fill the hole created by years of departmental freezes, and job and program cuts of the previous government. Not filling those holes means trouble ahead.

PSAC welcomes the new government's move away austerity and towards spending to improve the lives of Canadians, at least in the immediate future.

The Public Service Alliance of Canada

represents more than **170,000** workers in every province and territory in Canada and in locations around the world.



PSACAtlantic

PSAC-Atlantic-AFPC-Atlantique



PSACAtlantic



www.psacatlantic.ca



Representing the next generation of construction professionals

The Atlantic Canada Regional Council of Carpenters, Millwrights and Allied Workers is part of one of North America's largest building-trades unions, with nearly half a million members in the construction and wood-products industries.

They are leveraging their 130-year history to prepare for tomorrow by training, educating, and representing the next generation of construction professionals and allied workers in Atlantic Canada. Their mission is to stand strong for their signatory contractors and help them succeed in today's marketplace by supplying them with motivated, knowledgeable workers that demonstrate skills, productivity, safety and a strong work ethic every day.



CONTRIBUTED



CONTRIBUTED

Building Better Communities



The Atlantic Canada Regional Council of Carpenters, Millwrights and Allied Workers is celebrating its 5th anniversary in 2016!

We would like to thank our members and contractor partners for their tremendous efforts in supporting the continued growth of the ACRC since the merger of 14 local unions across Atlantic Canada in 2011.

Thank you and we look forward to working with you to continue to build better communities for years to come!

Join us on Saturday, June 25, 2016 at the Halifax Common from 11 a.m. to 2 p.m. for a union awareness event with food, prizes and skills demonstrations! Bring your family and friends. All are welcome!



**ATLANTIC CANADA
REGIONAL COUNCIL OF CARPENTERS
MILLWRIGHTS AND ALLIED WORKERS**

acrc.ca



Hope to see you there!

Proud to be one of the greenest trades

Local 116 of the International Association of Heat and Frost Insulators represents 178 professional insulators and energy conservation specialists in the province.

Members of the union are proud to be part of one of the greenest trades. Their mission is to save money for the customer, the end user, and ultimately the country.

"When we insulate something the energy savings are seen right away," says Local 116 Business Manager Matthew Benson.

The clients who hire them to do a project appreciate the savings and craftsmanship that they offer.

Insulators work with different materials to prevent or reduce the passage of heat, cold, moisture, sound or fire in industrial, commercial, institutional settings.

"We insulate various types of systems including mechanical piping and boiler systems to name a few," Benson says. "When we insulate something properly our clients can pass on those energy savings to their customers."

When it comes to insulation, it makes a huge difference to install it properly. At Local 116, they ensure all members have the



CONTRIBUTED

proper training in order to achieve excellence on the job.

Local 116 provides safety training and

skills updates for its members. They offer a block training program through Apprenticeship Nova Scotia, for an end result of becoming

red-seal certified.

They have an in-house instructor that teaches in block cycles depending on the members' hours and needs. They write exams, complete a set number of hours, and move on to the next level of apprenticeship.

In Nova Scotia it takes four years to apprentice as an insulator, where one year equals approximately 2,000 hours.

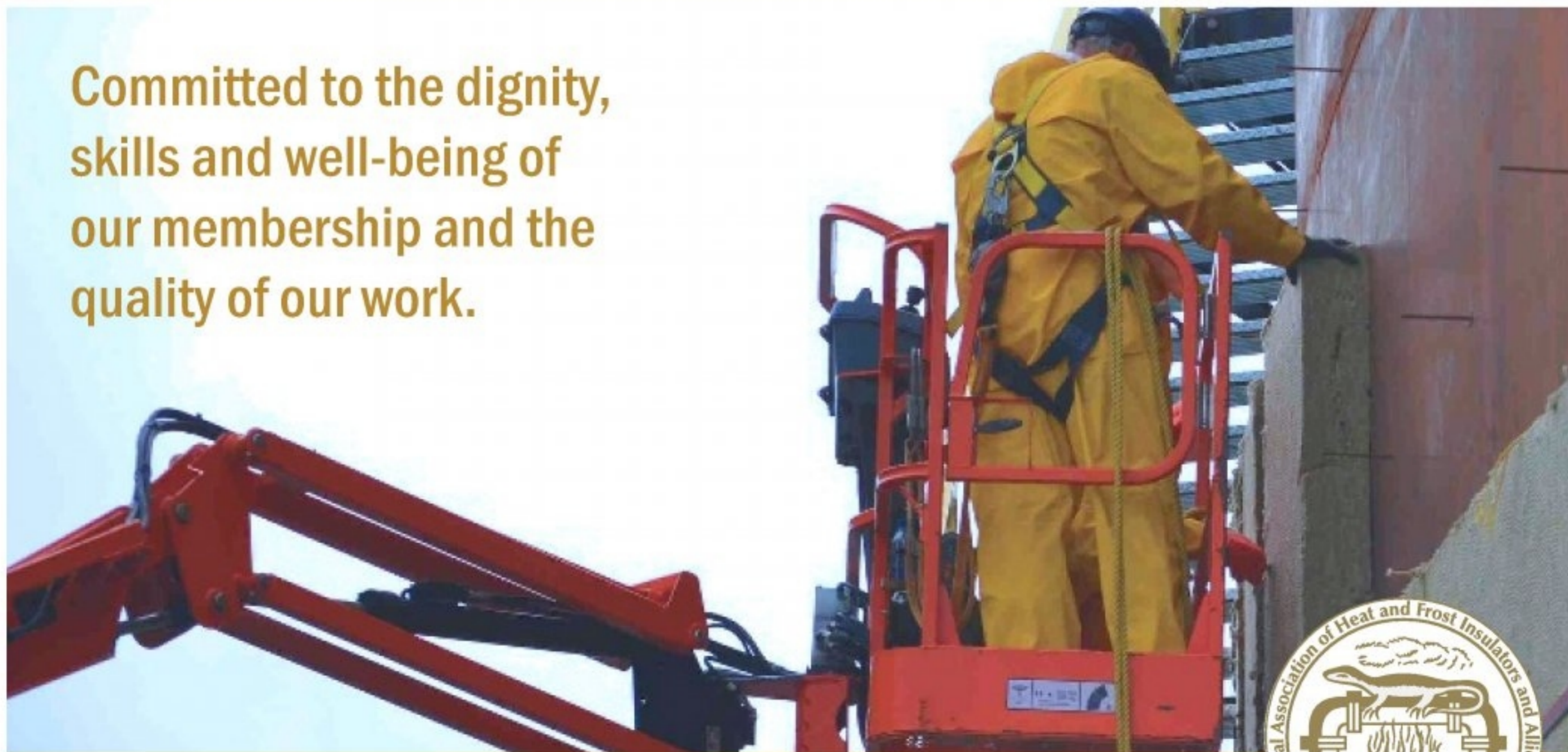
"We also offer upgrading because there are different varieties of insulation and applications," Benson said.

And, since it's an international association, members travel all over the country to work where work is available.

Local 116 members adhere to a Professional Craftsman Code of Conduct to maintain the highest level of quality workmanship. The code outlines the roles and responsibilities of insulators and employers in the promotion of job site excellence and customer satisfaction.

Local 116 is also a part of Build Right Nova Scotia, a program dedicated to workplace excellence ensuring jobs are done properly, on time and on budget to pass on piece of mind to the client and customer.

Committed to the dignity, skills and well-being of our membership and the quality of our work.



www.insulators116.ca

INTERNATIONAL ASSOCIATION OF
HEAT AND FROST INSULATORS
AND ALLIED WORKERS LOCAL 116



JOURNEYMAN UNION HAS WIDE REACH

UA Local 56 of the United Association of Journeyman and Apprentices of the Plumbing and Pipefitting Industry of the United States and Canada, started in 1908. Now it has 1,450 members in a number of different trades.

They've been involved in the construction of a lot of projects over the years such as hospitals, refineries, schools and more recently the new World Trade and Convention Centre, as well as some of the bigger buildings being built downtown, which includes some of the multi-storey residential buildings.

The local represents plumbers, steamfitters, welders, metal trades, instrumentation, refrigeration, gas fitters, oil burner mechanics and sprinkler fitters. Their geographical area covers all of Nova Scotia for the refrigeration and sprinkler trades, and for other piping trades they cover from Brookfield to Yarmouth with one exception: members at the Pictou Shipyards.

The industry partner at the Pictou Shipyards is Acon Atlantic and at peak there's about 240 members working for them.

Local 56 is responsible for negotiating decent contracts for all members, and the

day-to-day operations of implementing the conditions of the agreements. John Kelly, business manager of UA Local 56, says they consider the contractors they have agreements with as their business partners, and work jointly with them to provide a good product for the customers and clients.

But there's a lot more to UA Local 56 than that: the members have a competitive medical plan, better wages than many of the open shops and a very good pension plan to support the members as they reach retirement years.

"We also host a lot of recreational activities for the members and their families. We have a volunteer recreation committee that puts on eight to 10 functions a year," Kelly says.

Construction jobs have always been essential to growth in the province.

These jobs are often higher paying than others, which is better for families and communities, Kelly says.

"The construction industry in Nova Scotia has had some ups and downs for sure, but we've got people coming back from out west now," he says.

"Construction jobs here are very important."



CONTRIBUTED

Training centre hosts many trades

The Training Centre, located at 40 Neptune Crescent, in the Woodside Industrial Park, is fully equipped to meet the training requirements of the piping industry.

John Kelly, business manager of UA Local 56, says he's very proud of the Training Centre for a number of reasons. First, it is mostly funded by their members with very little government support. It's also the only provider of the Sprinkler Apprenticeship program in the province, and it boasts 18 welding booths where instructors teach the most up-to-date techniques.

"We do everything from basic blueprint reading, computer training and practical training in all of the trades for our members," Kelly says.

"We have three fully trained instructors here as well as 10-15 part-time trainers we use for different courses here."

Local 56 has a long history of providing training for its members and it has certainly grown over the decades. In 2002 the local experienced a hike in membership and there were greater demands for specialty training. So that year Local 56 moved into their current training centre, an 11,000-square-foot facility.

It has a welding shop, a pipe, plumbing



CONTRIBUTED

and sprinkler training area, a residential mock module for in-floor heat installation, as well as a plumbing and fixture installation training area. The building also has two large classrooms, including a computer lab and four offices.

Training programs have grown with increasing demand as new technology is constantly entering the industry. The growth in training has enabled Local 56 to maintain the UA philosophy of providing the best training and offering the most efficient trades people and apprentices in all sectors of the piping and mechanical services industry.

"We do a lot of extra training for our people and that makes us more attractive to our contractors," says Kelly.

PLUMBERS

Plumbers install, repair, maintain and service piping, plumbing systems and equip-

conditioning and refrigeration area.

SPRINKLER SYSTEM INSTALLER

Sprinkler system installers, or sprinkler fitters, have detailed knowledge of fire codes and the methods for installation of sprinkler piping systems, and a responsibility for safety in residential, commercial and industrial applications.

OIL BURNER MECHANIC

Oil burner mechanics install, repair and maintain all types of oil-fired domestic and commercial appliances, equipment, components and systems.

GAS FITTER

A gas fitter installs, inspects, repairs and maintains gas lines and gas-fired equipment in residential, commercial, industrial, institutional and agricultural settings.

INSTRUMENTATION MECHANICS

Instrumentation mechanics install, maintain and repair the measuring and control instruments used in industrial and commercial processing. They work with a wide variety of pneumatic, electronic and microcomputer instruments used to measure and control variables such as pressure, flow, temperature, level, motion, force, and chemical composition and have a high level of computer skills.

METAL TRADES FABRICATION

Metal fabricators lay out, cut, fit, tack and fabricate structural steel, plate and miscellaneous metals for use in the manufacturing and construction industry.

ment used for drinking water distribution, sanitary storm water systems, and waste disposal for the health and safety of the public.

STEAMFITTER/PIPE FITTER

Steamfitter-pipefitters build, install and maintain piping systems that carry almost every fluid that can be carried through a pipe but generally they include oil and gas products, water, steam, chemicals even slurries and wood chips.

WELDER

A welder works in every area of the construction industry where metals and alloys are joined. The welder has to be able to work in many different areas in all types of positions.

REFRIGERATION MECHANICS

Refrigeration mechanics cover a large portions of work in the heating, ventilation, air



Canadian Piping Trades®
LOCAL 56

United Association of Journeymen and
Apprentices of the Plumbing and Pipe Fitting
Industry of the United States and Canada
Local 56



PLUMBERS | GASFITTERS | STEAMFITTERS | SPRINKLERFITTERS
OIL BURNER MECHANICS | REFRIGERATION | WELDERS

PHONE: 902-466-9920 | WWW.UALOCAL56.CA

"Jeez, it was like a party": Former fifth-round pick Josh Norman who recently signed a five-year \$75-million deal with Washington

Ducharme finds new posts with Voltigeurs

QMJHL

Ex-Mooseheads coach to do double-duty in Drummondville



Kristen Lipscombe
Metro | Halifax

Dominique Ducharme has put down the Halifax Mooseheads reins to perform double duty for another Quebec Major Junior Hockey League team.

The Drummondville Voltigeurs announced early Monday evening that they have hired Ducharme as both their head coach and general manager.

The Joliette, Que., native has signed a four-season contract with the struggling major junior team, RDS reports.

"We are proud to announce the appointment of Dominique Ducharme to the position of general manager and head coach," reads the translated version of a Voltigeurs tweet, sent out from their official account, @Voltigeurs_DRU, at about 5:30 p.m.

The Voltigeurs barely cracked the 2016 QMJHL playoffs, coming in 16th place during the regular season, and were knocked out of the first round by the Rouyn-Noranda Huskies.

"Dom was a big part of our organization, was a great coach, was a good friend," Mooseheads general manager Cam Russell said Monday.

"On the one hand, obviously, it's hard to see him go. On the other hand, we understood the situation, and we wish him the best of luck."

The Mooseheads announced April 18 that Ducharme would be leaving the franchise.



We'll take our time and make sure we select the right person.

Mooseheads GM Cam Russell on hiring a new coach

"He'll be closer to home, closer to his kids now," Russell said.

Ducharme is the winningest coach in Mooseheads history with a 198-136 regular-season record and 44-20 record in the

playoffs over five seasons.

He also led the Herd to two Maritime Division titles, one President Cup win and, of course, the 2013 Memorial Cup.

"He's not the type of coach who yells and screams," Russell said. "Players like him and respect him, and he gets results."

Ducharme was named coach



Dominique Ducharme led the Mooseheads to President Cup and Memorial Cup championships in 2013. METRO FILE

of the year by both the QMJHL and CHL after that successful 2013 season.

"It became part of me. I love the organization," Ducharme said of the Mooseheads, during a recent interview with Metro.

"The city is great. The fan support is unbelievable for a junior team. It's a great junior market."

When the Herd announced his departure, Ducharme told halifaxmooseheads.ca, "this is just about being closer to my kids, my girlfriend and my family."

Russell said the search for Halifax's new bench boss is underway.

"We're being patient," he said.

"We're accepting resumés and doing our homework."

Assistant coaches Jon Greenwood and Jim Midgley are certainly under consideration, Russell confirmed.

"We're looking at everyone," he said.

The Mooseheads failed to make the playoffs this season.

NBA PLAYOFFS

Curry out at least two weeks

Stephen Curry will miss at least two weeks for Golden State with a sprained ligament in his right knee, dealing a blow to the Warriors' hopes of following a record-breaking season with a second straight championship.

The Warriors said an MRI on Curry's knee Monday determined he had a Grade 1 sprain of the MCL and will be re-evaluated in two weeks.

That timetable would lead to Curry missing the rest of the first round of the playoffs and likely at least the first four games in the next round if the Warriors are able to advance.

30.1

Curry's points-per-game average this past regular season, a league best

Golden State leads Houston 3-1 in its first-round series. Game 5 is Wednesday night in Oakland.

Curry was injured on the final play of the first half of Sunday's 121-94 win in Houston when he slid awkwardly on a wet spot on the court and fell. He immediately grabbed his knee and jogged with a limp to the locker-room.

He came out with the team after halftime, but sat on the bench for most of the warmup time. After talking with coaches, he returned to the locker-room with his second injury of the series. Curry had missed the previous two games with a sprained right ankle.

The Warriors thrived without Curry on Sunday, hitting eight three-pointers in the third quarter alone to turn a tie game into a 21-point lead on the way to the easy win. THE ASSOCIATED PRESS



Stephen Curry GETTY IMAGES

DEFLATEGATE

Brady to serve ban, appeals court rules

New England Patriots quarterback Tom Brady must serve a four-game "Deflategate" suspension imposed by the NFL, a federal appeals court ruled Monday, overturning a lower judge and siding with the league in a battle with the players union.

A three-judge panel of the 2nd U.S. Circuit Court of Appeals in Manhattan ruled 2-to-1 that commissioner Roger Goodell did not deprive Brady of "fundamental fairness" with



Tom Brady
THE ASSOCIATED PRESS FILE

and the reputation of one of the league's top teams.

THE ASSOCIATED PRESS

his procedural rulings.

The split decision may end the legal debate over the scandal that led to months of football fans arguing over air pressure

IN BRIEF

Nadal takes legal action over doping accusation

Rafael Nadal filed a suit Monday against a former French minister who accused him of doping, saying he needs to defend his integrity and image as an athlete.

The Spanish tennis star said his lawyers lodged the defamation suit in Paris against Roselyne Bachelot, France's former minister for health and sport, because of her "offensive remarks" on French television last month. THE ASSOCIATED PRESS

MMA

Retirement ruse ups the ante for UFC 200

Five days have passed since Conor McGregor ended his 24-hour retirement, and we're still not sure if the Ultimate Fighting Championship's most bankable fighter will participate in the organization's showcase event, UFC 200.

UFC president Dana White dropped McGregor from the card last week over the featherweight champion's refusal to participate in a promotional event. McGregor says he has reached an agreement with

the promoter, but White maintains he hasn't even spoken with McGregor's camp about reinstatement.

The continued buzz surrounding McGregor's status raises the question of whether the fighter and the UFC are benefiting from the dispute. By defying the UFC's order to help promote the July 9 event, McGregor has provided more publicity than any news conference could.

TORSTAR NEWS SERVICE

RECIPE Grilled Salmon and Zucchini Skewers



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

We like leaning on quick cook items as a weeknight dinner strategy and these salmon skewers fit the bill and then some thanks to a flavorful marinade featuring ginger, soy and sesame.

Ready in
Prep time: 25 minutes
Cook time: 10 minutes

Ingredients

- 1 tsp grated ginger
- ¼ cup soy sauce
- 2 Tbsp rice wine vinegar
- 1 Tbsp sesame oil
- 3 filets of salmon
- 2 or 3 small zucchinis

Directions

1. Soak wooden skewers in water

for at least 20 minutes.

2. Whisk together the ginger, soy, vinegar and sesame oil. Place salmon filets in the marinade for 20 minutes

3. Remove the salmon from the marinade and cut the filets into chunks — maybe 1 x 2 inches — and set aside. Slice the zucchini into rings and toss in the marinade quickly. Thread the fish and veggies onto the wooden skewers.

4. Preheat your grill or grill pan to medium high and wipe the grill with oil. Place the skewers over the heat and give each side about three minutes before turning. Serve these skewers over steamed rice or a bed of greens.

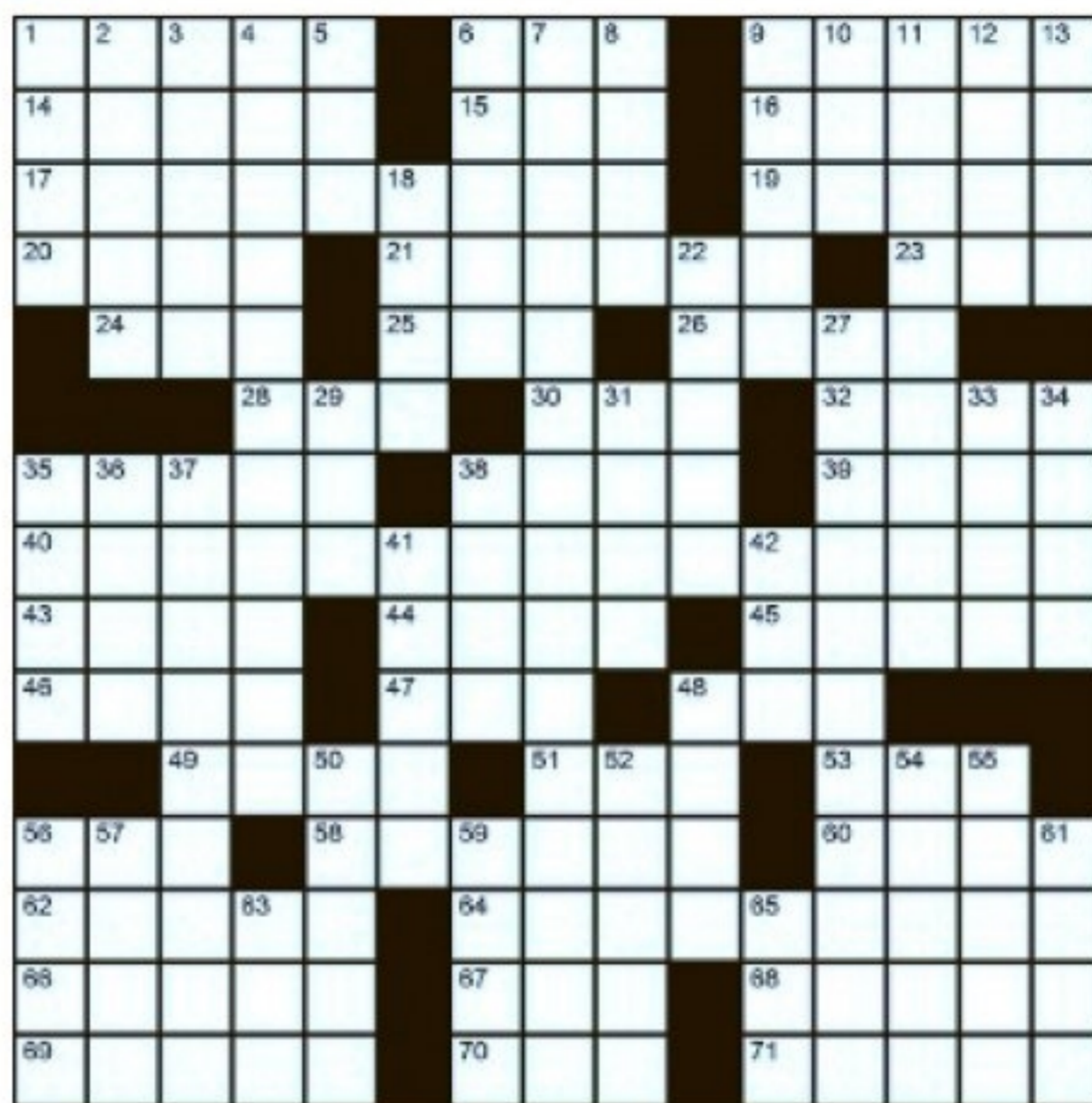
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Toronto Raptors guard Mr. DeRozan
6. Scene of Toronto Raptors home game action, for short
9. Toronto Raptors point guard, Kyle _
14. Belonging to Stratford, Ontario's river
15. A.A. Milne character
16. Nose _ _ (Snob-bish stance)
17. Guru/guide's gig
19. _ bore
20. "You _ _" by Lady Gaga
21. Fancily-uniformed cavalryman of 15th-century Hungary
23. Scheming
24. "The Hangover Part II" (2011), e.g.
25. Scott's uncle
26. Michelle Pfeiffer's soundbite in the "Batman Returns" (1992) trailer
28. Tail'-meaning prefix
30. P. to Socrates
32. Hazes
35. Velocity
38. Russian physiologist Mr. Pavlov
39. Liberate
40. Instrument for Canadian musician Liana Boyd: 2 wds.
43. Miley Cyrus' mother
44. Apportion
45. Professors [abbr.]
46. Prohibit
47. William Tell's canton
48. Scot's 'no'



49. Mil. two-striper
51. Sight: French
53. Shih _ (Toy dog)
56. Commotion
58. Guardian of Greece's capital, in mythology
60. Feeds on food
62. Daytime shows, e.g.

64. Off-the-cuff
66. Lotto winner's shout, ~ _ _ for life now!
67. Prefix to 'centre'
68. Increased
69. Some cheeses
70. SIN's equivalent in the USA
71. Crowned heads, once

DOWN

1. Lady: Spanish
2. Makes flush
3. World: French
4. Place to browse for collectibles and other treasures: 2 wds.
5. '70s record label
6. 'Planet' suffix
7. Politicians on

- Parliament Hill, e.g.: 2 wds.
8. Sprockets
9. Soya milk carton quantity
10. 'Pepper' suffix (Pizza topping)
11. Evangeline: A Tale of Acadie poet, Henry _ Longfellow

- (b.1807 - d. 1882)
12. Currency in Oman
13. Annual [abbr.]
18. Prefix with 'stat'
22. Melanie Griffith movie, "A Stranger _ Us" (1992)
27. Some workers, e.g.: 2 wds.
29. "Mr. Holland's Opus" (1995) star ...his initials-sharers
31. Fit
33. Equipment
34. Religious addresses, briefly
35. Station for Edith Prickley
36. Ballet movement
37. The Maritimes: 2 wds.
38. Freezer
41. " _ _ be imagining things!" (This can't be real!)
42. Theatre's Ms. Hagen
48. Close
50. Endures
52. Remove the brooch
54. Rock star kid Dweezil
55. Complete
56. "Dream on!": 2 wds.
57. Stadium roof
59. Rushes the horse
61. Kitchen sink froths
63. Little legume
65. Asleep

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do whatever you can to break up your daily routine, because you have a strong desire for adventure and freedom today. However, postpone major purchases until tomorrow.

Taurus April 21 - May 21
This is a strong time for you with the Sun and Mercury in your sign; however, today is a loosey-goosey day. Avoid decisions about inheritances and shared property.

Gemini May 22 - June 21
Go with the flow, because the Moon is opposite your sign and it's in a fuzzy position. Avoid purchases other than food and gas. Make no promises.

Cancer June 22 - July 23
Your efficiency at work might suffer today. Expect shortages and delays. Just carry on as usual with routine work, and don't begin anything new.

Leo July 24 - Aug. 23
This is a creative day for you! If you work in the arts, the entertainment world or the hospitality industry, you're in the zone! Enjoy goofing off.

Virgo Aug. 24 - Sept. 23
Although you have a desire to travel now, today in particular, you might want to hunker down at home. It will feel good to be among familiar surroundings.

Libra Sept. 24 - Oct. 23
This is a poor day to make important decisions or to sign documents. It's also a poor day to make promises or commit to anything. Wait until tomorrow.

Scorpio Oct. 24 - Nov. 22
Remember to get more sleep in the next few weeks, because you need this. Be careful with your money today! Don't shop for anything other than food or gas.

Sagittarius Nov. 23 - Dec. 21
It's all about you, because three planets are in your sign. This is why you're pumped with energy. Today, however, you feel indecisive and wishy-washy; therefore, do as little as possible.

Capricorn Dec. 22 - Jan. 20
Tap into your artistic talents today so that you can express your creativity. Enjoy social events, playful times of children and sports. Fun city!

Aquarius Jan. 21 - Feb. 19
This is a great day to schmooze with others, because people are friendly. Spend money on food, gas and social situations, but that's all. Postpone shopping until tomorrow.

Pisces Feb. 20 - March 20
Personal details about your private life might be made public for some reason. If so, this will be out of your control today. Just be aware of this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2014 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

As Seen In Metro!
Shop **The Sweet Potato Chronicles** Cookbook

mymetrostore.ca
shop your city



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



KIA
MADE FOR
[PEOPLE LIKE YOU]

— SALES EVENT —
SO MANY HAVE ALREADY FOUND THEIR MATCH

UP TO
0% FINANCING + **\$4,000**
IN DISCOUNTS*
ON SELECT MODELS
OFFER ENDS MAY 2



5-Star Safety Ratings
More Stars. Safer Cars.

"Having a car I can rely on
is the most important thing."

-Vannessa W., Courtice ON,
Real Kia Owner

To see her full
story go to
kia.ca/vannessa



Forte SX AT shown¹

2016
FORTE SEDAN LX MT

WELL-EQUIPPED FROM
\$10,495* INCLUDES
\$5,500*
IN CASH DISCOUNTS

INCLUDES \$500 COMPETITIVE BONUS** OR LOYALTY BONUS* AND \$500 DEALER PARTICIPATION*

AVAILABLE FEATURES: HEATED FRONT & REAR SEATS | REARVIEW CAMERA



AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA

BEST NEW SUV
(\$35,000 - \$60,000)

"My sister and niece love my Sorento so much
they both bought one as well."

-Mary R., Edmonton AB,
Real Kia Owner



Sorento SX Turbo AWD shown¹

2016
SORENTO 2.4L LX FWD

THAT'S LIKE
PAYING ONLY
\$59 WEEKLY³ LEASE FROM
\$256 /MO⁴ \$1,600
DOWN
AT **1.9%**
APR FOR
60 MONTHS⁵

INCLUDES \$500 IN DISCOUNTS* AND
\$500 COMPETITIVE BONUS** OR LOYALTY BONUS*

STANDARD FEATURES:
HEATED FRONT SEATS
BLUETOOTH® CONNECTIVITY

AVAILABLE
ALL-WHEEL DRIVE

"Every time I walk up to the car I simply
just smile."

-Kevin T., Bedford NS,
Real Kia Owner



Soul SX Luxury shown¹

2016
SOUL LX AT

THAT'S LIKE
PAYING ONLY
\$39 WEEKLY³ LEASE FROM
\$171 /MO⁴ \$1,485
DOWN
AT **0.9%**
APR FOR
48 MONTHS⁵

AVAILABLE FEATURES: HEATED FRONT SEATS
PANORAMIC SUNROOF



RESIDUAL VALUE
AWARD
2016 SOUL
BEST CANADIAN RESIDUAL
VALUE IN ITS CLASS
3 YEARS IN A ROW



2015 SORENTO
"HIGHEST RANKED
MIDSIZE SUV IN INITIAL QUALITY
IN THE U.S." BY J.D. POWER



2015 SOUL
"HIGHEST RANKED
COMPACT MULTI-PURPOSE
VEHICLE IN INITIAL QUALITY
IN THE U.S." BY J.D. POWER



WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free
comprehensive warranty.

Atlantic Kia dealers
for Atlantic drivers.

Go to kia.ca/peoplelikeyou
to hear more owners' stories.



The Power to Surprise

Offer(s) available on select new 2016/2017 models through participating dealers to qualified retail customers who take delivery from April 1 to May 2, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to \$725. \$100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-fill charges up to \$100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *0% financing for up to 60 months plus up to \$4,000 discount available on select 2016/2017 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum \$4,000 includes \$3,500 in discounts and \$500 competitive bonus** or loyalty bonus* (discount is offered on a new 2016 Forte Sedan LX MT (F054G) only. Certain conditions apply. See your dealer for complete details. Representative Financing Example: Financing offer available on approved credit (KAC), on a new 2016 Forte Sedan LX MT (F054G) with a selling price of \$15,995 based on monthly payments of \$300 for 60 months at 0% with a \$0 down payment and first monthly payment due at finance inception. Offer also includes \$5,000 discount (down credit) and \$500 competitive bonus** or loyalty bonus*. Other taxes, registration, insurance and licensing fees are excluded. **Cash Purchase Price for the new 2016 Forte Sedan LX MT (F054G) is \$10,495 and includes a cash discount of \$5,500 (including \$500 competitive bonus** or loyalty bonus* and \$500 Dealer Participation). Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. Representative Lease Example: Lease offer available on approved credit (KAC), on the 2016 Soul LX AT (S0752G)/2016 Sorento 2.4L LX FWD (S0754G) with a selling price of \$19,895/\$21,895 (including \$4,500 lease credit discounts and \$4,500 competitive bonus** or loyalty bonus*) is based on monthly payments of \$171/\$256 for 48/60 months at 0.9%/1.9%, with \$0 security deposit, \$1,485/\$1,600 down payment and first monthly payment due at lease inception. Total lease obligation \$8,212/\$5,355 with the option to purchase at the end of the term for \$9,940/\$10,801. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometers). ***\$500/\$750 Competitive Bonus offer available on the retail purchase/lease of any new 2016 Forte, 2016 Sorento, 2016 Sportage, 2017 Sportage, 2016 Optima, 2016 Rio, 2016 Rios and 2016 Rondo/2016 Sedona and 2016 Optima Hybrid from participating dealers between April 1 to May 2, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo, Buick and Jaguar vehicles. Some conditions apply. See your dealer or Kia.ca for complete details. \$500/\$750 loyalty bonus offer available on the retail purchase/lease of any new 2016 Forte, 2016 Sorento, 2016 Sportage, 2017 Sportage, 2016 Optima, 2016 Rio, 2016 Rios and 2016 Rondo/2016 Sedona and 2016 Optima Hybrid from participating dealers between April 1 to May 2, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo, Buick and Jaguar vehicles. Some conditions apply. See your dealer or Kia.ca for complete details. Weekly lease payments are for advertising purposes only. *Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (S0751G)/2016 Forte SX AT (F0748G)/2016 Soul SX Luxury (S0758G) is \$42,295/\$26,695/\$27,495. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. The Sorento/Soul received the lowest number of problems per 100 vehicles among midsize SUVs/compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study™. Study based on responses from 94,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ALG is the industry benchmark for residual values and depreciation data. www.alg.com. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.